

# NICOLE STEWART

## WINNING THE INNER GAME

30TH AUGUST 9.30AM - 4.30PM



**If you want to take things to the next level in your riding, if you're starting out and are wanting to 'do it properly' and lay a solid foundation, or if you simply want a sense of achievement and growth within your riding and life, then it's not good enough to just understand your inner game and mindset, you have to Play to Win.**

In Winning the Inner Game you'll spend a full day with Nicole learning the tools and techniques that she uses with International Equestrian Athletes to help them perform at their best. You'll learn:

- How to turn any negative thought around into a positive and supportive one
- How to turn any situation into a learning opportunity
- How to truly create the results you want in ANY area of your life - riding, relationships, business, finances etc etc...
- How to reduce stress in your day to day life and stop beating yourself up!

*This is an unmounted theory clinic. Participants are encouraged to bring writing material to take notes.*

#### HOSTED BY

GUNNAMATTA TRAIL RIDES

**\$120 per person**

Bookings essential and a \$50 deposit is required.

Tea, coffee and lunch included.

If you attend the prelude clinic *Understanding The Inner Game* you will receive a **\$25 discount** on the *Winning The Inner Game* clinic.



**Nicole Stewart** is an Equestrian Performance Coach, most recently supporting Paralympic gold medalist Joann Formosa, who represented Australia at the London 2012 Games

Nicole is also the founder and director of **Think Forward Coaching**.

Nicole has come to know that the most valuable asset a rider has is between their ears and in their chest – their mind and heart.

Her passion is in working with riders to help them believe this for themselves.

[www.thinkforwardcoaching.com.au](http://www.thinkforwardcoaching.com.au)

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**BOOKINGS ESSENTIAL**

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