



Mental Monsters: Rider Confidence Coaching

Friday 27th April 2018 (Non-Ridden) - 9pm - 11pm. Rose & Crown, Slaithwaite, HD7 5XA

Saturday 28th April 2018 (Ridden) - 9am - 5pm. Greystones Farm, Slaithwaite, HD7 5UZ

Sian Phipps will be delivering an hour and a half talk / workshop on mental monsters. Things that hold us back when out riding and how to overcome your fears no matter how big or small.

The agenda and prices for the weekend is as follows...

Friday 27th April...

7.00pm - Arrival

7.30pm - Talk / Workshop on overcoming your Mental Monsters £10 per person (no tickets on the door)

9.00pm onwards - Sian is available for 1-2-1 confidence coaching (please book in advance as places are limited) £10 per person for approx. 30 minutes

Saturday 28th April...

9.00am - 5.00pm - Sian is available for private or group lessons with you and your horse to work through any issues you are experiencing.

OPTION 1 - 30 minute private goal setting and confidence coaching and 45 minute private lesson £25

OPTION 2 – 30 minute group goal setting & confidence coaching and 45 minute group lesson £20 each

OPTION 3 – 45 minute private ridden lesson £20

OPTION 4 – 45 minute group ridden lesson £15 each

Spaces on all of the above **MUST** be booked in Advance. There will be **NO** entries on the night to the talk/workshop.

All lessons on Saturday must also be booked in advance and will fill up quickly so book early to avoid disappointment.