



Confidence is like a *muscle*. The more you use it, the *stronger* it gets.



Thursday 12<sup>th</sup> March - 7.00 PM New Mill WMC

**West Yorkshire Horseplay Presents**

**AN EVENING WITH ALEX FLEMING**

**Confidence Coach**

Alex Specialises in confidence coaching of both horse and rider and has over 10 years experience coaching riders from grass roots to intermediate eventing. She strongly believes confident horses make for confident riders and vice versa!! She is currently two years into training to be a chartered psychologist. UKCC qualified coach, CPD, DBS checked and fully insured. After this talk follow up clinics can be arranged through WYHP with Alex.

**Taking back the reins on your mind.**

An introduction to what sparks your brain to act on your intentions and sometimes interfere with the outcomes! We will have an easy to follow look at some of the science of how the mind works in relation to riding. We will then discuss how this can affect our control over our actions, nerves, and positivity. To finish we will harness this knowledge to help you put the fun back into riding! This talk would suit anyone wishing to help better understand how to take control over their behaviour. This can be in relation to enjoying hacking again, making the leap to two star, or sometimes just wanting to go wade in the mud and retrieve the beast from the field.

**£7.00 Members - £9.00 Non Members**

**New Mill WMC, Sheffield Road, New Mill, Holmfirth, HD9 7JT**

**Supper will be served at 7pm and is included in the ticket price - booking and special dietary requirements via WYHP messenger or text Lesley on 07912787542 before 6<sup>th</sup> March. Payment via BACS 402642 – 20001600 Ref: ALEX before 6<sup>th</sup> March 2020**