

Sports Psychology for Equestrians

CPD update for Accredited Professional Coaches

The
British
Horse
Society

Monday 23 August 2021

Presenter

Charlie Unwin



The mind can play an important part in the journey of any equestrian. From a lack of confidence to aiming for optimum performance, from the recreational rider to the seasoned professional, the way we think could be the difference between success and failure.

We are delighted that the renowned Sports Psychologist, [Charlie Unwin](#), will be presenting a full day of training and insight on this subject and we welcome riders, trainers and coaches to take advantage of this.

All welcome

Duchy College, Stoke Climsland, Callington, Cornwall, PL17 8PB

10am – 4pm (registration from 9.30am)

£30 for BHS Accredited Professional Coaches | £40 Others

Advance bookings only via www.bookwhen.com/bhssouthwest

For further information contact Julie Garbutt

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