

Hosting a Thinking Rider Clinic

Frequently asked Questions:

What type of location is required to host a clinic?

Any venue with comfortable chairs will do. Most often clinics are held in the viewing area of a stable, or sometimes a house or community centre.

How many people may attend?

The recommended group size is 15 participants. A clinic is meant to be an interactive experience, smaller groups allow for more discussion of individual concerns and experiential learning.

What will be covered in the session?

Please see page two of this document for descriptions of the two clinic levels.

What about the age of participants?

A minimum age of 12 is recommended. If possible, it is also preferable to have similar aged participants in one group. Often a junior session and adult session can be held at a stable on the same day.

How much does it cost to host a session?

One half day session is \$600.00 (3 hours). I will submit the invoice to your stable, and you can choose how much to charge individual participants. (For example, \$60.00 per rider). A full day is \$1200.00, which you can either use as a more detailed one day clinic, or split into two groups any way you like: split groups by age, horse discipline, or just include an extra group for more participants. Please note that *out of town sessions are always billed at the day rate*, so two smaller groups are usually scheduled. This also provides the best means of the stable recovering their costs.

What about travel costs?

There are no travel costs for the Calgary area. For out of town sessions, please contact me and we will discuss arrangements.

What about individual sessions?

If time allows, individual sessions may be arranged for after a clinic. You may, for example, wish to offer bookings for several individual sessions for the afternoon if you have hosted a morning clinic. Please inquire for more details about this.

Do you need any audio visual equipment?

No, but I will bring handouts and you may want to recommend to participants to bring notepads and pens.

What about marketing?

I can provide you with a notice to put up at your stable or work with you to customize one to attract out of stable participants.

Can you provide references?

Absolutely! If you haven't heard about what a Thinking Rider clinic is all about through word of mouth, just ask me and I can connect you to someone to speak with.

Description of Clinic Sessions

Level 1

Riding Out of Your Mind

Becoming a Thinking Rider

Is your most effective riding aid (your brain) not providing you with desired results? In this three hour group session you will learn targeted visualization, how to avoid performance-disrupting mental traps, communicate more effectively with your horse, and manage your self talk and emotional state. Your training will take on a new, interesting dimension that will become part of your daily routine.

Level 2

Riding out of Your Mind

Developing a High Performance Mind

Are you ready to expand your comfort zone? Take your ride, your performance to a new height? Becoming tougher under pressure and challenging your current skill level are both very learnable skills. You'll find these skills just as valuable in your life as your riding. In this three hour group session you will learn how to stay focused and calm in the clutch, recovery strategies to rebound quickly from errors, winning concentration techniques and how to perform in and out of "the zone". This session can include a mounted portion, please inquire for more details.

- Both of these sessions can be completed in one intensive day session or spread across several weeks of training.
- Handouts are included.
- The book [Riding out of your Mind](#) may be purchased separately or included in your session. Please inquire for details.
- Mounted sessions of three to five riders may be booked separately. Choose from two types of sessions: [Mental Conditioning in Action](#) (incorporating mental skills into daily practice, prerequisite level 1) and [Performance Simulation](#) (using performance skills under pressure, prerequisite levels 1 & 2)

*Custom designed sessions can be arranged. Maybe your group has special needs or is larger than usual. Please contact me at april@ridingoutofyourmind.com or 403.283.5525 so we can discuss arrangements.