

Get the Mental Edge *in riding, training and competition*

Equestrians' Institute Sunday Brunch Lecture Series Hosts



Sunday, June 6
10:30 – 12:30

Where:

*Northwest Arts Center, 9825
NE 24th St, Bellevue, WA.
Light refreshments served*

Cost:

*FREE to E.I. members, \$25 for
non-members*

*Not a member? Join E.I. to get
into all lectures for FREE!*

*See our website for more
information*

To Register:

*go to EquestriansInstitute.org
Pre-registration is **REQUIRED**
and closes May 30. Limited
seating so register early!*

He has competed in 4 world championships, has a Masters Degree in Applied Behavioral Science and is owner of RippleRock Consulting.

Dave has presented his material to hundreds of riders of all ages, abilities and disciplines. He works with some thirty different sports and has a huge appreciation for the unique challenges facing equestrians.

Dave Freeze

A presentation for those who believe
Better is Always Possible

Dave Freeze has over 30 years of experience training, competing and coaching many different levels of sport.

Build confidence, self-esteem and a positive outlook

Control emotions, anxiety, nervousness and fear

Learn to achieve deep relaxation and to visualize success

Increase concentration, focus and mental toughness

Deal effectively with setbacks and injuries

Break through mental barriers and enhance performance

“The applause soon dies away, the prize is left behind, but the character you build is yours forever.”

Calvin Coolidge



Additional Questions?

email: EI.LectureSeries@gmail.com