

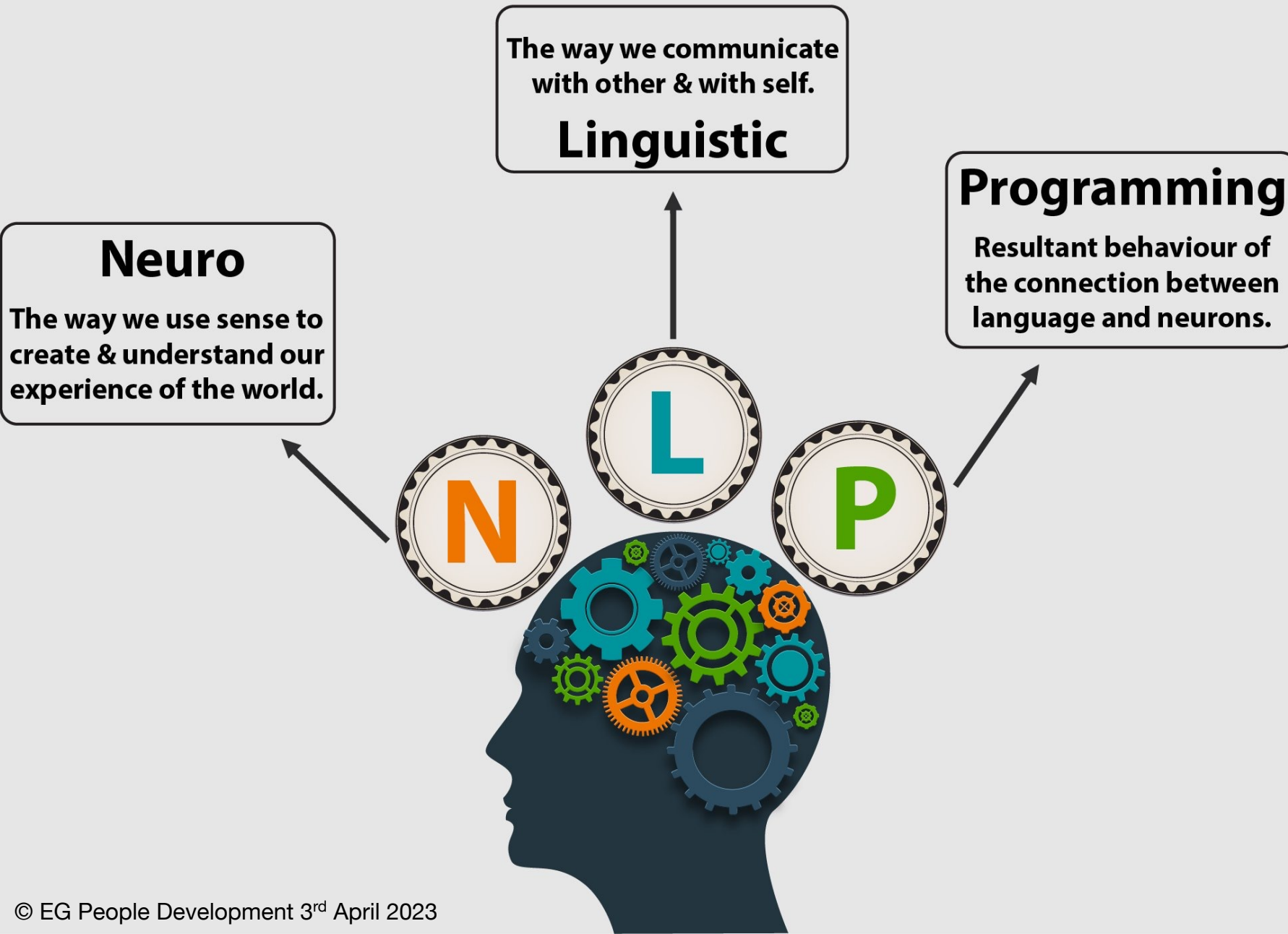
Riding Confidently

Techniques for banishing
the nerves and getting rid
of the nonsense in your
head!



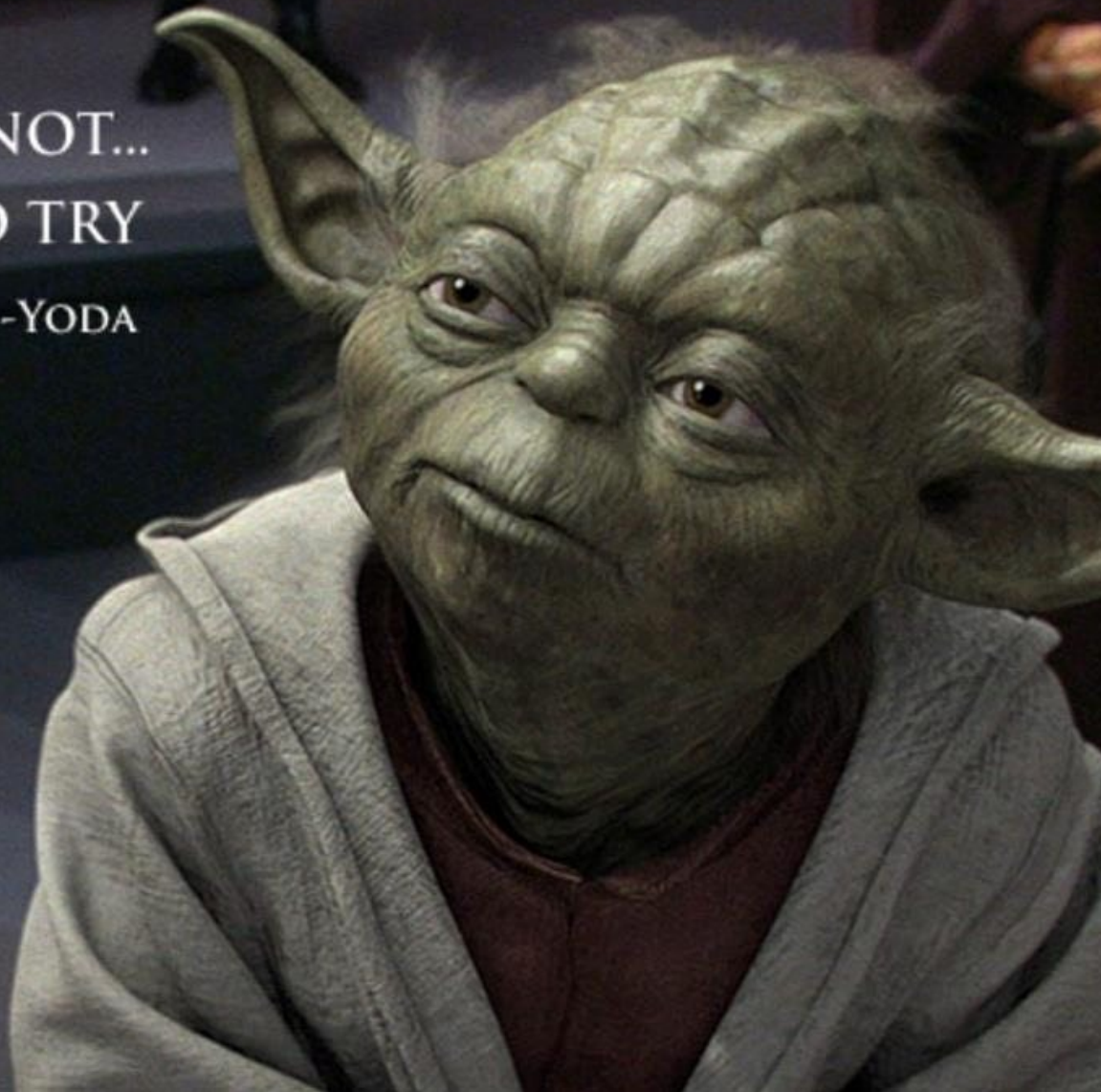
Introduction to NLP

- You
- Supporting & challenging each other

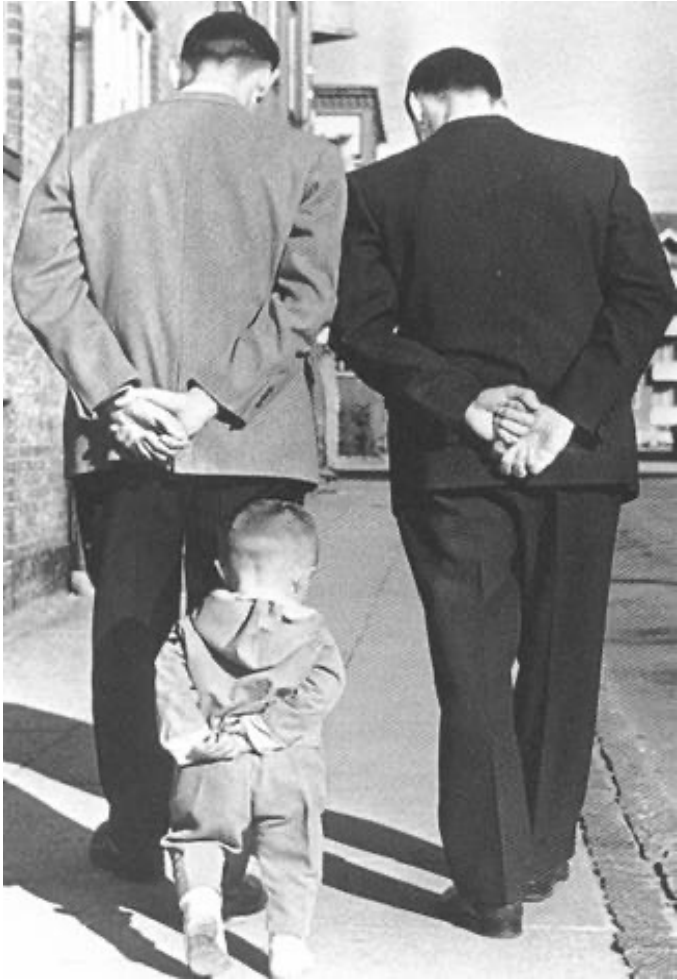


DO, OR DO NOT...
THERE IS NO TRY

-YODA



Creating an amazing Riding Club Culture





NEURO LINGUISTIC PROGRAMMING

?

Map of the world



The mind and body are connected



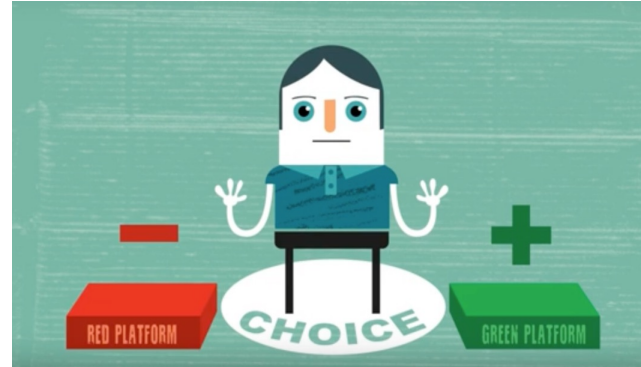
Modelling

She is an alchemist who has turned self-doubt into victory - Times





Choice



- Victim & blame
- Comparisons
- Fixed mindset
- Reactive
- Should/shouldn't
- Can't/won't (Deletion)
- I'm nervous, therefore I'll fail (Distortion)
- Never, always, everyone (Generalisation)

- Listening, watching, learning
- Asking, feedback, modelling
- Growth mindset
- Choice
- Gratitude
- Proactive
- Full of possibility
- Open questions



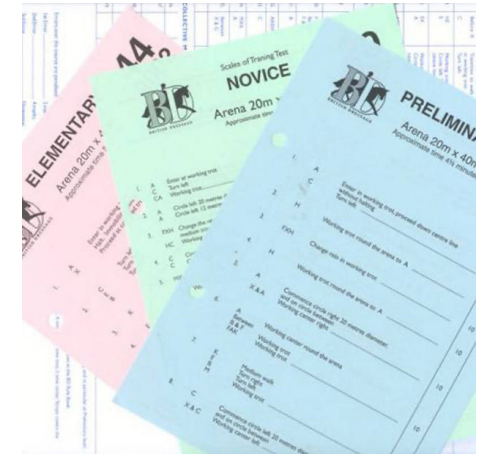
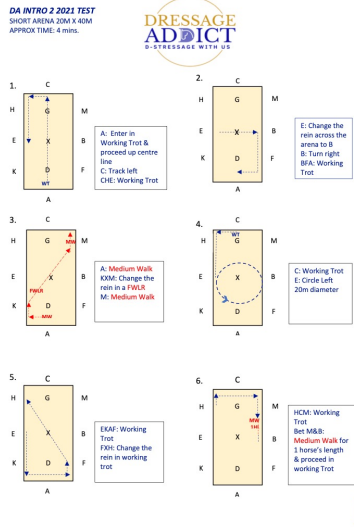
**You have all the
resources you
need to make
positive changes**

Ph: Graham Jepson



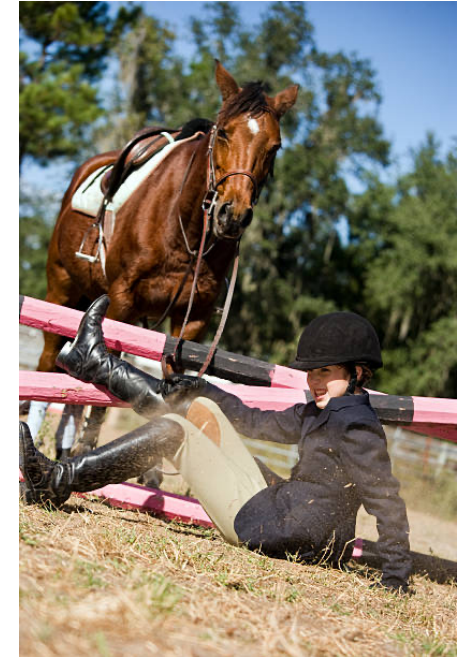
Visual, Auditory, Kinaesthetic, Auditory Digital

Test – for later



We all have different preferences...

Negative self talk



I know I'm going to be a ***failure***



I **see** the lorry park

The impact of negative self talk



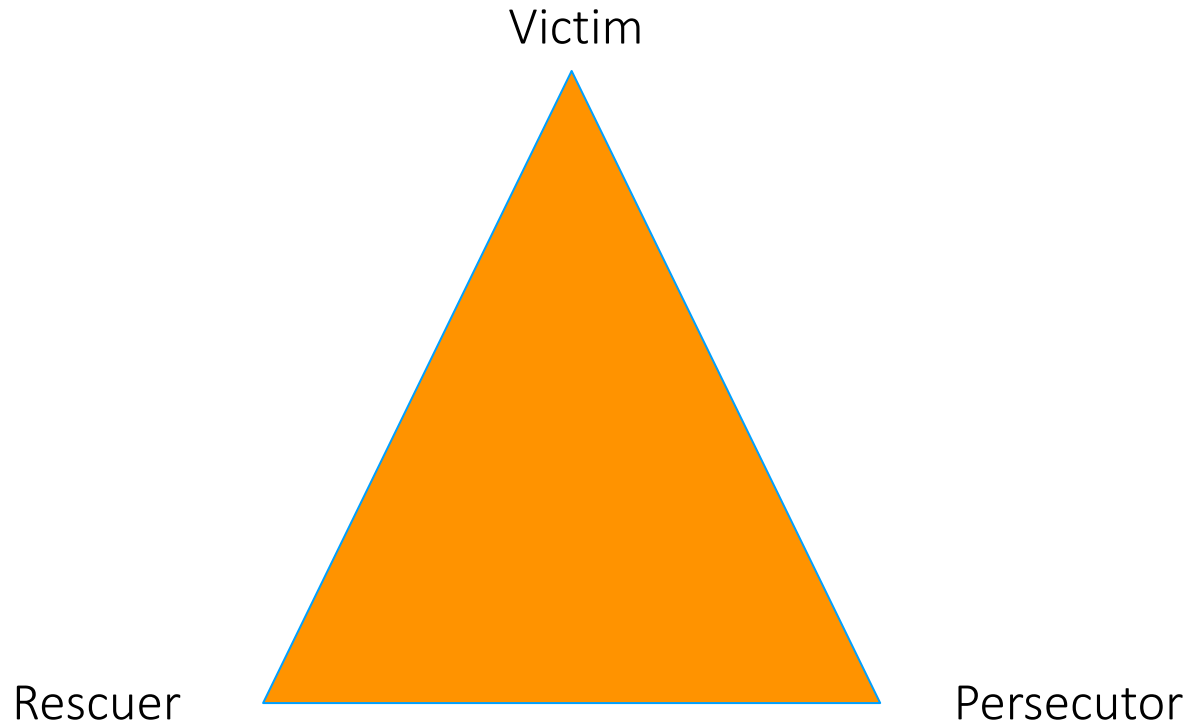
The impact of positive self talk



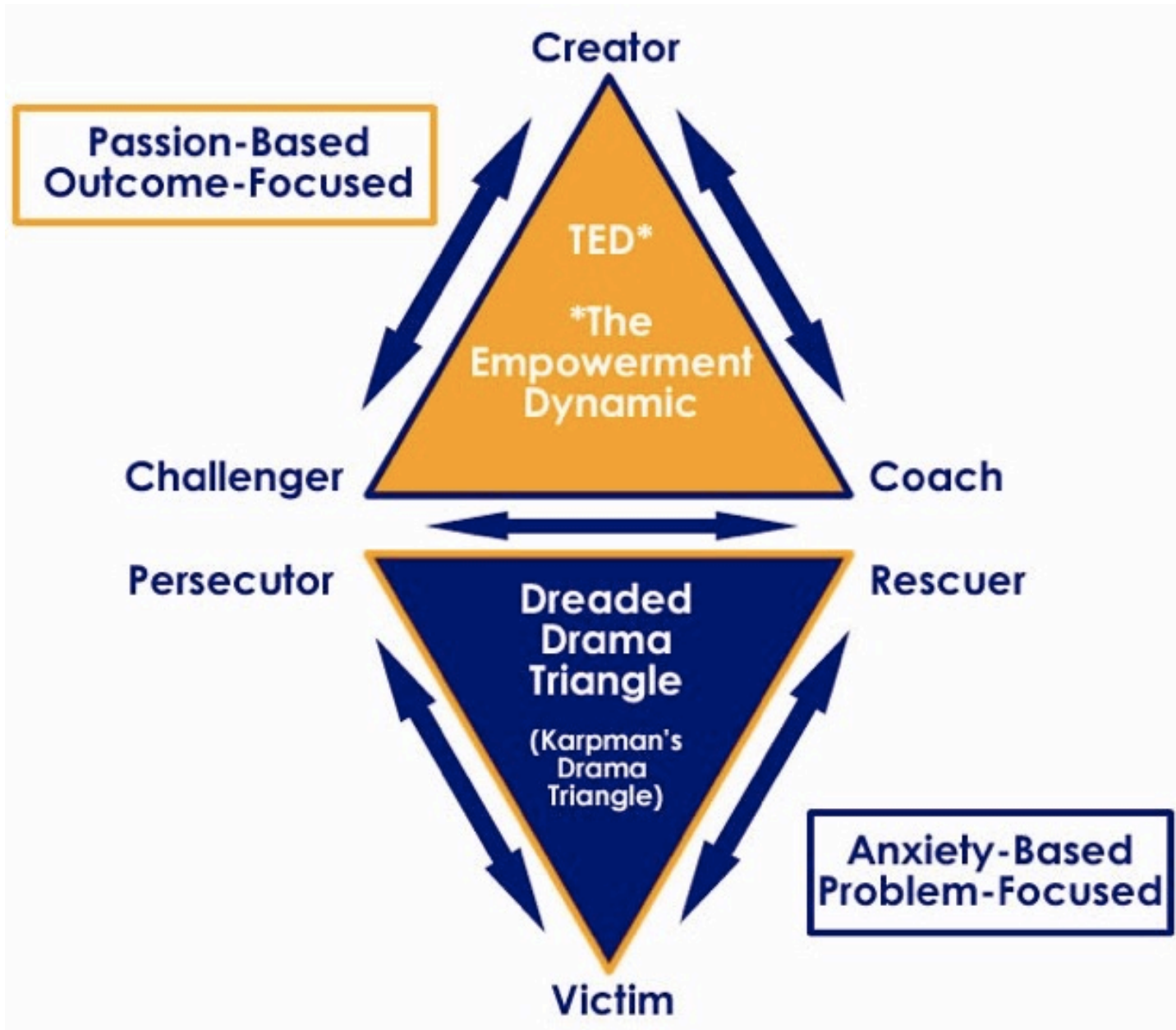
“Success is only 20 percent talent”

Kelly Holmes, Olympic & Commonwealth running champion

The Drama Triangle...



- **Victim** – I'm so rubbish, I cannot do it, I'm so nervous, I can't remember my test, I'll never get round that course without going wrong
- **Rescuer** – You'll be fine, I'll read your test for you, ahh poor you
- **Persecutor** – Oh for **** sake just get on with it, you'll never succeed with that horse!



- Creator
- Challenger
- Coach

- Who, where, what, when, which, how, (why)

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"

- Red platform
- Drama triangle

- *“They’re much better than me”*
- *“I’ll never be able to do that”*
- *“I’m going to withdraw my entry”*
- *“My horse is rubbish”*

FIXED MINDSET

Is Limiting

Avoid challenges Give up easily

Threatened by others success

Desire to look smart

Effort is fruitless

Ignore feedback

Fixed abilities

GROWTH MINDSET

Is Freedom

Persevere in the face of failures

Effort is required to build new skills

Find inspiration in others success

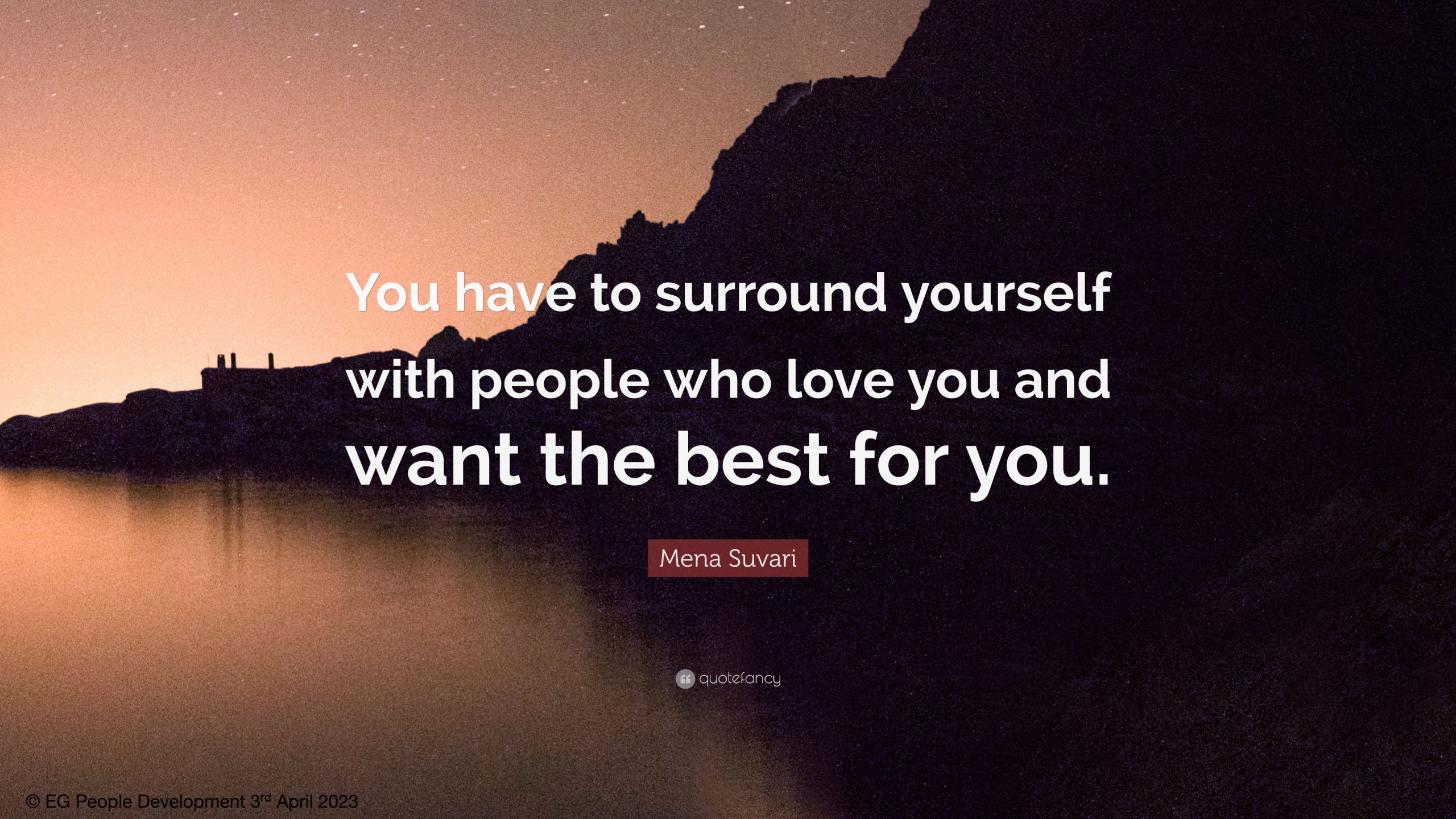
Embrace challenges

Accept criticism

Desire to learn

Build abilities

- Green platform
- Creator, challenger, coach
- *“What specifically do I/YOU need to improve?”*
- *“What steps could I/YOU put in place to enjoy my/your dressage test?”*
- *“What can I/YOU learn from the experience?”*
- *“Who do I/YOU know who is good at remembering courses and how could I/you learn from them?”*



**You have to surround yourself
with people who love you and
want the best for you.**

Mena Suvari

“ quote fancy

Coach and challenge each other



- Victim/blame
- Deletions, distortions & generalisations
- Can't/won't, A-B & everyone/always/never

- Open questions
- Who, where, what, when, which, how, (why)

- ~~But/However~~ AND (open question)

- NO try
- NO telling

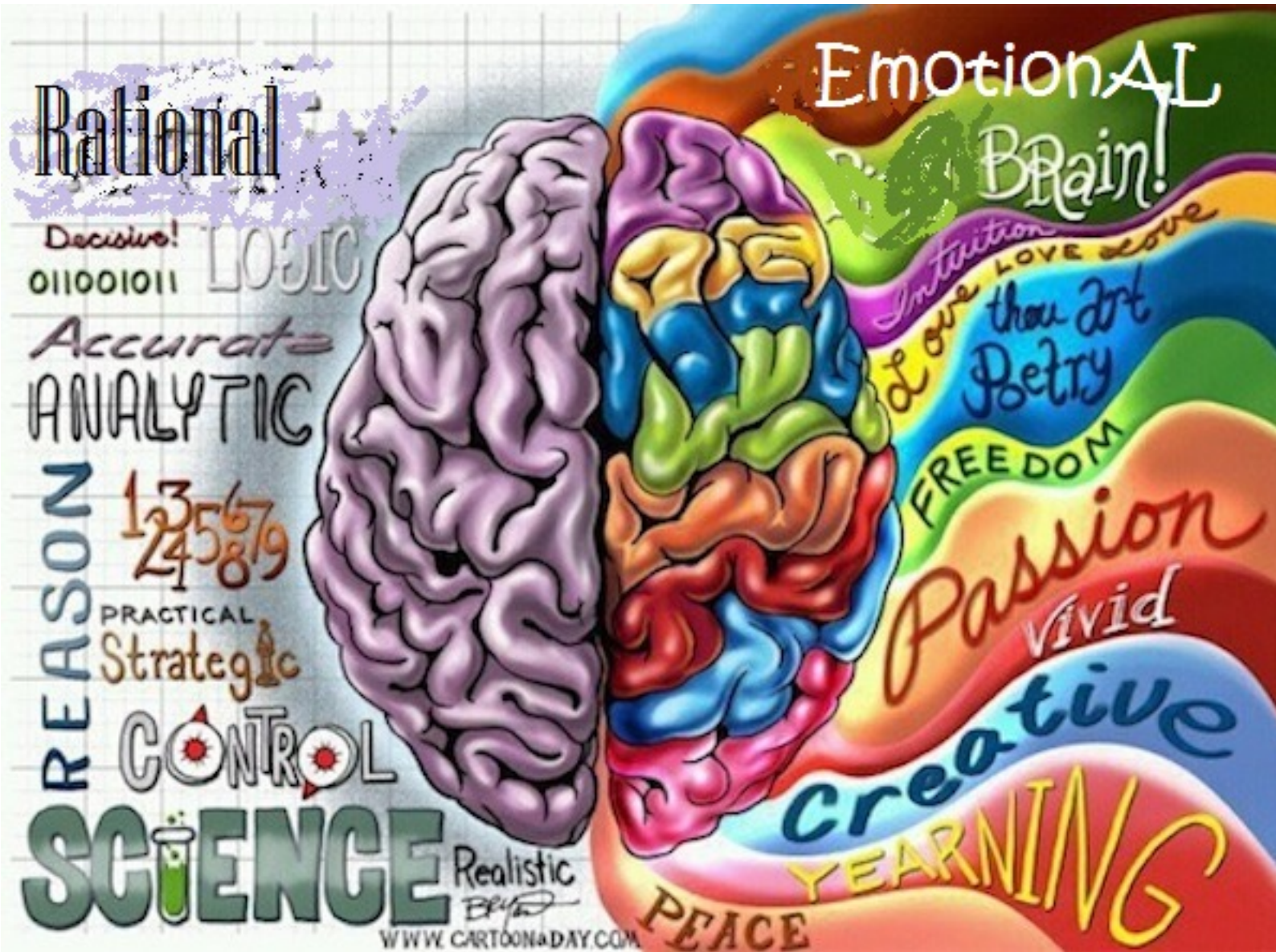
- YOU, ~~we, I~~
- Could/can – full of possibility



Positive reframe

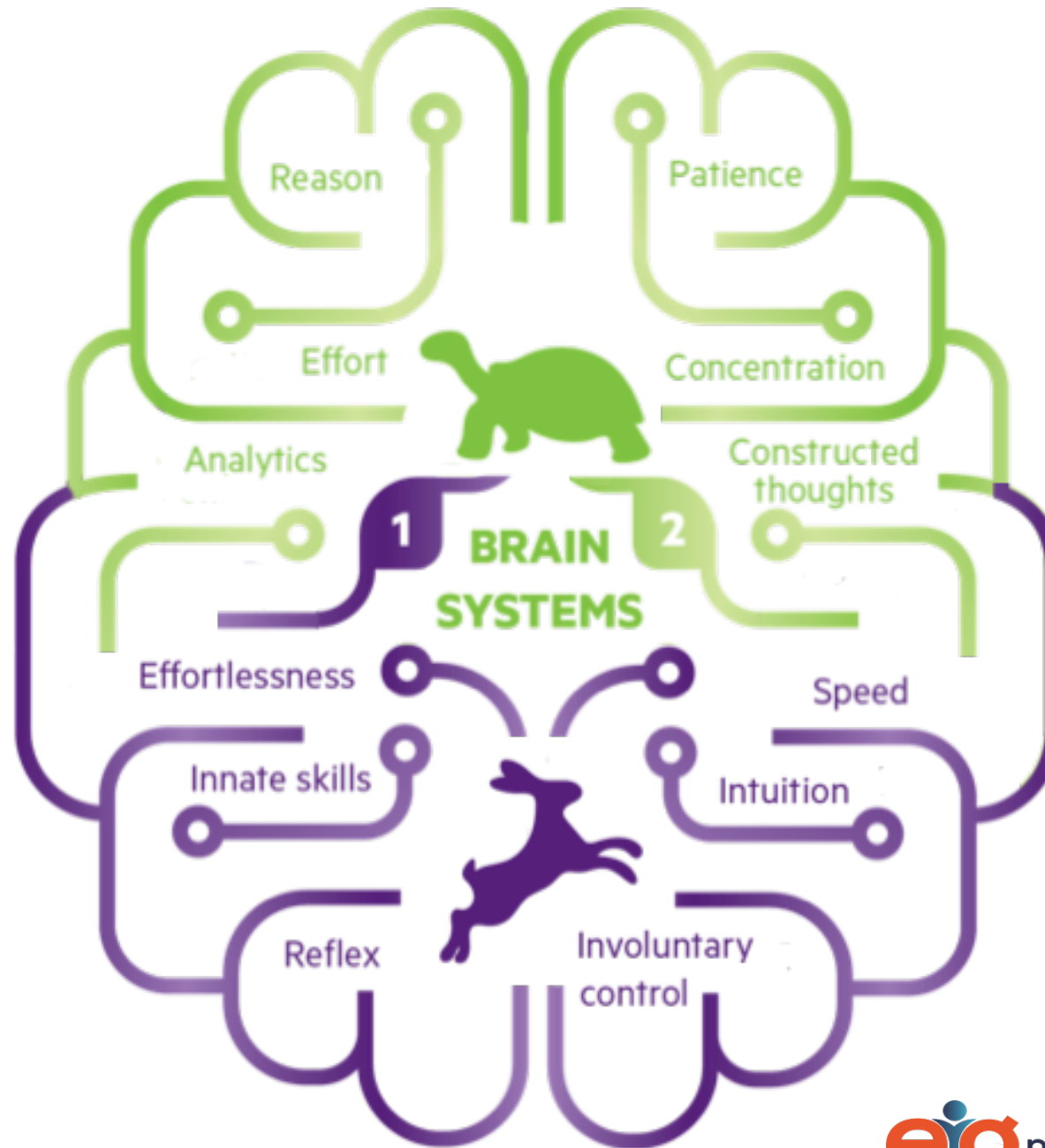


- Empower each other
- Gift of personal responsibility
- Challenge bad habits (blame/victim)
- Create an energy of possibility
- Support v rescue
- Enable others to be 'the best version of themselves'



Response

Reaction

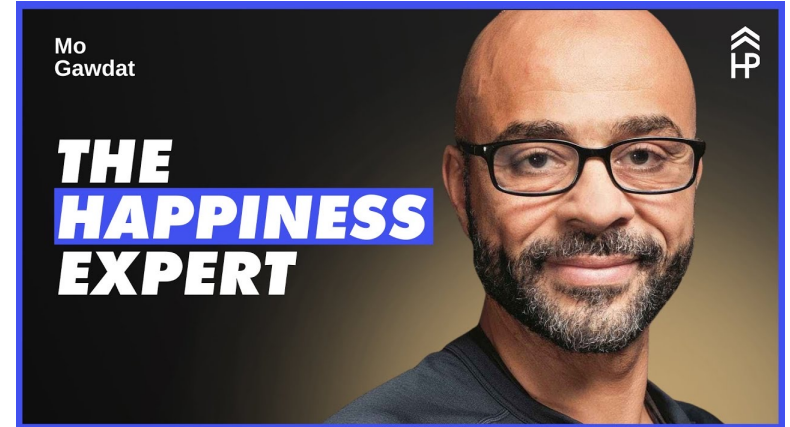




THE HIGH
PERFORMANCE
PODCAST



What is high performance?



- “Control that voice in your head”
- “Is it true?”

- “Do the best you can, where you are, with what you have got”

Anchoring – the most awesome moment



- Visual
- Auditory
- Kinaesthetic





Your Confidence Piggy Bank

Keep adding to your anchor when you achieve something...

- How were you feeling?
- What did you see?
- What did you experience?
- What were you saying?
- How were you thinking?
- How did you behave?
- Hear/Imagine/feel yourself into the examples....

Consciousness & Competence...



Mastery =

- Vulnerability
- Discomfort
- Feedback
- Growth
- Learning
- Practice
- New habit forming



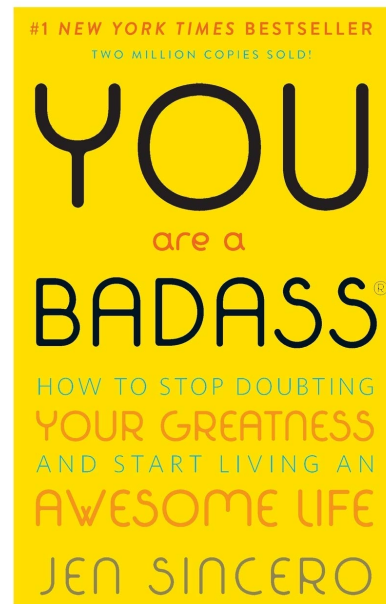
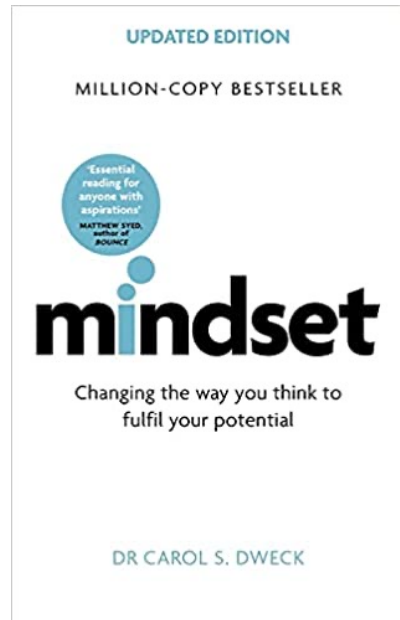
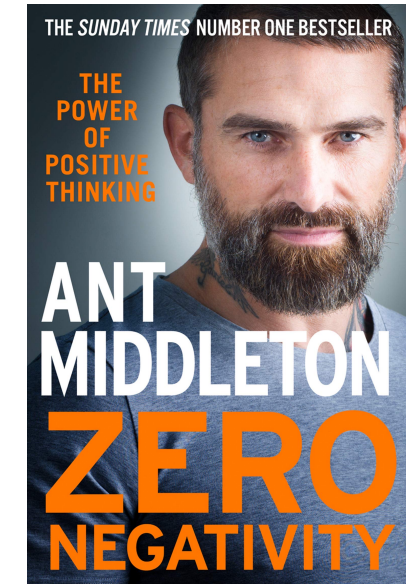
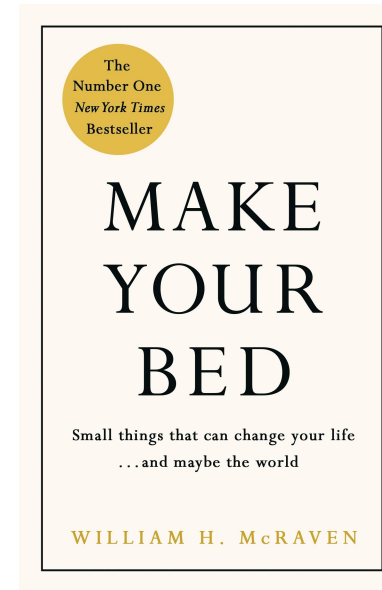
When we help **ourselves**,
we find moments of **happiness**.

When we help **others**,
we find lasting **fulfillment**.

- *Simon Sinek*

Goalcast

Some great books





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Liz Gait



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