



Presentations by Tyler Held

Tyler is a professional groom and mental toughness coach. She is finishing up her Masters Degree in sport psychology and is in continuous pursuit of applying the theories and concepts she has learned about mental training to Equestrian sports. Her work as a groom with young riders, adult amateurs and elite professionals has provided her insight to the various pressures that riders experience throughout all levels of competition.



Monday 6-8pm
May 13, 2019
June 17, 2019
July 8, 2019

TRAIN YOUR BRAIN

Come take some time to train your brain outside of the saddle! This three part Monday night clinic series will feature mental training techniques to help overcome anxieties related to riding and showing. Whether you're struggling with a specific mental block, or are just looking to improve your mental skills and your focus, this series will have something for you. Join in on the process of learning techniques to understand, analyze and overcome the obstacles that stand in the way of riding success and enjoyment that we make for ourselves in our own heads.

@ Rolling Hills Ranch
33 Rolling Hills Ranch Lane
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\$30 per session or \$75 for all three