

Confidence, Mindset & Anxiety in Riding. With live demonstrations

Is fear or anxiety getting in the way of your riding — or your enjoyment of horses?

This relaxed, welcoming evening is designed to support riders and non-riders alike. Whether you ride, support someone who rides, or simply want to better understand confidence, fear, and mindset around horses, everyone is welcome.

What the Evening Will Cover

We will explore fear, anxiety, and confidence challenges including:

Nervous or anxious riders

Riders lacking general confidence

Riders with disabilities or additional needs who experience confidence issues

- Fear of “what if...”
- What if I fall?
- What if my horse spooks?
- What if I get it wrong?
- What if I’m judged?
- Feeling stuck after a bad experience, near-miss, or accident
- Pressure to perform and fear of failure
- Feeling judged during lessons or at shows
- Loss of confidence due to your horse’s behaviour
- Riding in busy environments or trying something new

✨ All of these feelings are valid — but they don’t need to control you.

What You’ll Gain From the Evening

- ✓ How to regain control and confidence
- ✓ How to improve focus and mindset
- ✓ How to rebuild trust after a fall or injury
- ✓ How to reduce fear, anxiety, and overthinking
- ✓ How to rediscover enjoyment and connection with your horse
- ✓ How to create a safe, supportive space where you feel listened to and understood

Live Demonstrations

Throughout the evening there will be live demonstrations, showing how real fears, confidence blocks, and mindset challenges can be worked through in a calm, supportive way.

These demonstrations help bring the tools to life and show how positive change can happen in real time — whether you’re a rider, a parent, a partner, or a supporter.

About the Speaker & Approach

I am a fully certified EFT International Accredited Practitioner and a Centre10 Advanced Coach.

My approach is always calm, supportive, and pressure-free, focusing on simple mindset psychology — understanding how thoughts, emotions, and reactions affect both you and your horse.

This approach has helped countless riders:

- ☺ Let go of fear and anxiety
- ☺ Rebuild confidence after setbacks
- ☺ Feel calmer, clearer, and more in control

A Relaxed Evening for Everyone

- ✓ Open to riders and non-riders
- ✓ Family members and supporters welcome
- ✓ No pressure
- ✓ No judgement
- ✓ Full understanding
- ✓ Practical tools you can use and take away

Time: 6:00pm Start – 8:00pm at Codden Hill EC, Bishop's Tawton, Barnstaple EX32 0DX

Tickets: £8 each

Under 16s: £5 each

(included a hot or cold beverages & biscuits)

Bookable in advance via Horse Monkey