

The Alberta Equestrian Federation

presents

2017 AEF Annual Provincial
Instructor/Coach/Trainer Professional Update

May 13 & 14, 2017



AEF Session Information:

April Clay, Registered Sports Psychologist

“Riding out of Your Mind: Becoming a Thinking Coach”

In this session you will learn equestrian focused sport psychology skills including:

- Targeted visualization
- How to manage your inside voice
- Mental traps and how to beat them
- The art of focus
- Managing fear and performance nerves

