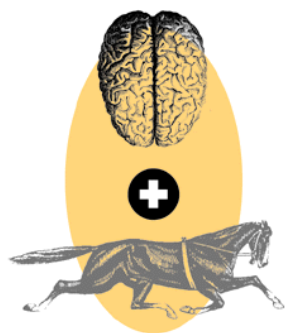


## EQUESTRIAN SEMINAR SERIES

### For Adults

By DR. JANET EDGETTE



equestrian  
SPORT  
PSYCHOLOGY

Balancing a passion for riding with a genuine devotion to a spouse or family, keeping financial pressures and work pressures under control, or dealing positively with training and competition stress – today’s adult rider has deals with many conflicting interests. Janet’s seminars for adults address these issues and a variety of others affecting both the quality of one’s riding and how well one is able to enjoy the sport.

### SAMPLING OF SUBJECTS

- The Myth of Relaxation in Sport: How to Really Manage Your Anxiety When Riding/Competing
- Personality Styles and Riding
- Riding Aggressively Without Riding Carelessly
- Performance Anxiety is One Thing, but What if I’m Really Scared?
- Do’s and Don’ts of riding Fears

*If you don’t see the subject you want, just ask!*

### THINK YOU’RE THE ONLY ONE?

Questions/Concerns from others:

“Because of the enormous toll my riding takes on my life and my family’s life, I feel guilty if I don’t at least win a few good ribbons when I show. But, of course when I try too hard, I don’t ride well. It’s a Catch-22!”

“My trainer and I have very different goals for me. I don’t know how to tell her that without her getting angry or offended.”

“How can I regain my confidence after spending a disastrous season on a very bad horse?”

JANET EDGETTE  
Psy.D., M.P.H.

412 Newcomen Road  
Exton, PA 19341  
(610) 363-1144

Fax: (610) 430-8307  
[Janet@JanetEdgette.com](mailto:Janet@JanetEdgette.com)  
[www.headsupsport.com](http://www.headsupsport.com)