

EQUESTRIAN SEMINAR SERIES

For Kids, Teens

By DR. JANET EDGETTE



equestrian
SPORT
PSYCHOLOGY

Adolescence brings with it its own challenges – this is especially so when coupled with as complex and intense a sport as horseback riding. Many young riders face responsibilities, performance pressures and training stressors that would be difficult even for an adult to manage successfully. Janet’s seminars for kids and teenagers offers these young riders opportunities to discuss and get answers to their questions about their riding and their relationship with their horses, trainers and parents. Kids and teenagers love these workshops and use them to blow through issues that have bogged down both their progress in and enjoyment of this sport.

SAMPLING OF SUBJECTS

- Performance Anxiety is One Thing, but What if I’m Really Scared?
- Do’s and Don’ts of Riding Fears
- “My biggest Competitor is My Best Friend!
- Speaking Up! Helping Your Trainer, Family and Friends to Help You
- Get as Nervous as You like! Making Friends with Your Show/Rally Nerves

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

THINK YOU’RE THE ONLY ONE?

Questions/Concerns from others:

“My parents don’t take my riding seriously and think I should be doing more school kinds of things. But I don’t want to play field hockey – I just want to ride!”

“Every time I mess up at the shows my parents get mad at me and tell me how much my riding costs them. It’s like they think I’m messing up on purpose or something.”

“My best friend at the barn started getting real competitive with me and now we hardly talk. I don’t know what to do.”

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