



“Peak Performance Mindset” (PPM)

Online Workshop to develop a Peak Performance Mindset for Oklahoma Reining Horse Association Members!



Introduction to one of most upcoming fields in sports industry - Mindset training.
Equestrian riders acquire top techniques and tools in order to upgrade their performance abilities.
Get ready for the 2021 show season with a workshop to prepare to show at the OKRHA Ride & Slide 2021!

The WORKSHOP:

Session 1: The Mental Game,

Saturday February 13, 2021 at 12:00 pm CT

Revealing the "secret competition" and achieving A "Winners Mindset"

Session 2: Importance of Mental preparation prior to Show Time,

Saturday February 20, 2021 at 12:00 pm CT

The shift from practice to show-time and our decisions making under pressure (joker technique)

Session 3: Performance Time – build a strong Game-Plan,

Saturday February 27, 2021 at 12:00 pm CT

"Sports Automatic Action" (overcome the break points)

The workshop will be held live via Zoom for OKRHA Members Only. In each session we will share with the participants a unique exercise that will be sent to your email, enabling riders to keep up the practice after the workshop. The duration of every session is 75 minutes, includes a lecture, the exercise and Q&A's. The cost is \$130 per participant with a 15 participant minimum. Please contact Anne-Marie Theophile Burns (burnslivestock@tds.net, 571.236.2715) to register for this workshop.



Gil Friedman:

NRHA professional and a Mindset coach for equestrian riders. The PPM techniques are part of a large-scale program based on mindset training for competitive athletes.

Over the past years, Gil has been working with competitive equestrian riders around the world, helping them prepare for major events.

Contact us:

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