



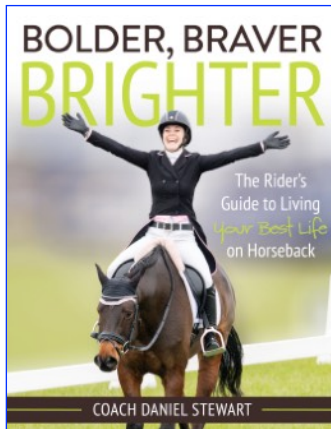
WINTER HOLIDAY WEBINAR

PLAN FOR A BOLD, BRAVE, BRIGHT 2021
WITH COACH DANIEL STEWART



BOLDER, BRAVER, BRIGHTER!

Riders continually encounter mental challenges and how we handle them greatly influences our ability to succeed. This holiday season I invite any equestrian group, association, barn, or school to join me for a wonderfully motivating, upbeat, and humorous mental coaching webinar based on my new book BOLDER, BRAVER, BRIGHTER (to be released in February 2021).



My Holiday webinars consist of a variety of motivating and empowering mental coaching techniques that can help you feel more confident, courageous, and calm at times when you might otherwise feel disappointed, defeated, or dejected! This is the perfect seminar for riders who gets a bit nervous, experiences show jitters, snuggles with fears, failure, or freaking-out... or just wants to put a little more happy in their happy place!

LEARN TO OVERCOME:

FEARS, FRUSTRATIONS, FAILURES
DOUBT, DISAPPOINTMENTS, DEFEATS
MISTAKES, MEMORIES, MESS-UPS

END 2020 WITH COURAGE...

BEGIN 2021 WITH CONFIDENCE!

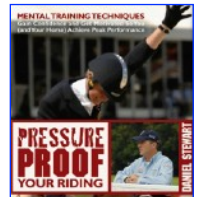


HOSTED BY THE: VIRGINIA REGION PONY CLUB

Sunday December 13th from 3:00 to 4:00

BEFORE

Our webinar will be hosted by Zoom so please download the Zoom app well in advance of our meeting (not at our start time). I'll be joining our webinar five minutes after you so your team-leader can make a few announcements and allow a few extra minutes for anyone arriving late. Watch for an email from your team leader before our webinar with the Zoom invitation. Just click on the link and type in the password!



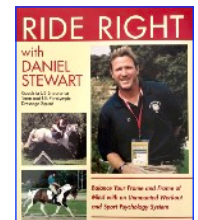
DURING

To ensure our audio is clear, please remember to mute your mic when we begin. Our webinar will last approximately 60-minutes and will include a closing Q&A. If you'd like to ask a question during the webinar just click on the CHAT button and write in your question. As soon as I wrap up the seminar I'll go to the list of questions and answer them all. You can even send me a question anonymously!



AFTER

Following our webinar you'll receive a link to our recording so you can watch it again or share it with anyone who couldn't attend. I'll also send you a fun quiz so you can test your knowledge and keep things fresh in your minds... FYI, there are no wrong answers! If you enjoy our webinar let your team leader know and perhaps we can set-up another one!



ABOUT COACH STEWART

Daniel Stewart combined 40 years of riding with 25 years as an international equestrian coach and a degree in physical education to create a unique series of equestrian sport psychology clinics, webinars and training camps. As the internationally acclaimed author of "Pressure Proof Riding", "Ride Right", "Fit and Focused", and "Bolder, Braver, Brighter" he's widely considered one of the worlds leading experts on mental coaching. He teaches clinics to thousands of riders annually, is the equestrian sport psychology contributor for many equestrian associations and produces rider sport psychology videos for equestrians of all ages, levels, and disciplines.

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