

# MENTAL MASTERY

PRESENTED BY: TOREY RODERICK

"Take your riding and coaching to the next level with this 2-3 hour workshop designed to help equestrians master their mental game-both in and out of the saddle!

This workshop blends sports psychology, neuroscience, and real-world competitive experience to give you the tools to ride with confidence and coach with impact."

## Skills You Will Learn Include:

- Confidence myths & facts
- Daily & show-day visualization techniques
- Muscle memory & neural pathways for better riding
- Fix & improve riding habits-without being in the saddle
- The power of words & thought processes
- Switching from conscious learning to automatic execution
- Resources to continue your mental training

**SATURDAY APRIL 12**

**3 PM - 5 PM**

**1376 Storrs Rd, Storrs, CT,  
06269**

**Young Building Room #100**

**\*\*Contact us @ [ucwesternteam@gmail.com](mailto:ucwesternteam@gmail.com)**

## ENTRANCE

**Students: \$35**

**Non-Students:  
\$100**

**\*\*Payments accepted in  
cash/venmo at event**