



Saffron Walden & District
RIDING CLUB

CONFIDENCE WORKSHOP

**With Kirsten Theobald
at Lt Chesterford Village Hall**

Wednesday 10 May 2023, 7-9pm

£12 per person (members only)

If you wish to book a place, please contact Caroline Richardson by email
richardsoncaz@yahoo.co.uk by Tuesday 2 May

Places at this workshop will be restricted, depending upon the interest this may
be followed up by a mounted session later in the year.

What could you do if you had more confidence?.....

What would it feel like to overcome your fears?.....

**Would you like to develop techniques to help you gain confidence,
reduce anxiety and learn ways to control your mind?.....**

How about.... Would you like to be the best you can be?

**Kirsten Theobald
BEd(Hons), BHSAl, NLP Practitioner, Mindfulness Teacher**

Up until 2017 my family owned Newton Hall Equitation Centre, near Ipswich, so naturally my life was all about horses. I competed from a very young age, starting on the lead rein, then joining Pony Club and competing in Showing (WHP, SHP and SP). I attained my Pony Club H Test and my BHSAl. I rode at Horse of the Year Show, the Royal Tournament, Olympia and many County shows. I was also a member of the British Side Saddle Display Team – performing in Germany in 1987. In 1993 I went to university to train to become a teacher, therefore only had time to ride during the holidays.

A few years later I had the opportunity to event a 16.3hh mare. At this point, I had lost my confidence and felt unable to jump a small cross pole. This seemed so daunting but I knew I had jumped 110cm tracks before and wanted to do it again. I came across a Neuro Linguistic Programming course and it was after learning and using techniques on this course that I was able to take this mare to BE events and then had a couple of great, successful seasons doing Pre Novice. I was overwhelmed by how NLP helped me in so many ways, so I trained to become a practitioner in order to share this with others. Since 2010 I have worked with many riders – in a variety of ways. For example – riders afraid of cantering, loss of confidence due to falls, nervous about hacking out, competition stress etc.

With a focus on NLP, mindfulness and growth mindset, this workshop will give you the tools and techniques to improve your confidence, not only on your horse but also in life - it really is a life changer. Watch/feel the magic happen.



Saffron Walden & District Riding Club Rules as at 28/12/2022.

1. Receipt of entry means that the entrant agrees to abide by the rules of the event and Saffron Walden and District Riding Club (SWDRC). Non-members entering any event must hold their own appropriate Public Liability insurance (to a minimum value of £2 million) to compete at SWDRC events which must be available to check should it be requested.
2. It should be considered a condition of entry that each competitor and spectator shall indemnify the organisers or any person acting on their behalf against legal action arising from accident or incident.
3. Specific event rules will be included on schedules, receipt of entry means that the entrant agrees to abide by Club rules AND specific event rules.
4. At all SWDRC events all competitors must wear a crash hat when mounted with chin straps fastened to comply with PAS 015 2011, VGA 01.040: 2014-12 provided they are BSI Kitemarked. It is the competitors responsibility to comply to this rule. **FAILURE TO COMPLY MAY INCUR IMMEDIATE ELIMINATION.**
5. It is the onus of the competitor to only compete in classes for which they are eligible. The organisers and helpers of any event are not responsible for policing the eligibility of competitors for each event. All class restrictions at SWDRC events are self-governing (ie. by entering a class at a SWDRC event the competitor agrees to the specific class restrictions). If it is found at any time during the event that the competitor is not eligible the competitor may be allowed to continue, however they will not be placed. If it is found after the event that this rule has not been adhered to any relevant points will not be awarded toward any members trophies and entries may be declined for future events.
6. The organisers have taken reasonable precautions to ensure the health and safety of everyone present. For these measures to be effective, everyone should take all reasonable precautions to avoid and prevent accidents occurring and must obey the instructions of the organisers, officials and stewards.
7. Any instance of behaviour from any person on an event site that is deemed by the organisers or helpers of an event as rude, threatening or unacceptable will be asked to leave the site immediately with no refund of outstanding entry fee and may be prohibited from attending any further SWDRC events.
8. No persons other than the organisers and helpers may approach a SWDRC appointed Judge or Scorer during a competition, unless requested to do so by the Judge or official steward.
9. Any objection must be made in writing to the organiser within 15 minutes of an incident, together with a £10 deposit, which will be refunded only if the objection is upheld.
10. The committee of the Saffron Walden & District Riding Club, its Judges and appointed officials accept no responsibility for any loss or damage to property belonging to competitors, grooms or spectators.
11. Only members whose details have been received through an official Riding Club at BRC headquarters are covered by BRC insurance at events. BRC insurance covers the named person only, owners of horses/ponies who are not BRC members are not covered by BRC insurance and must hold their own insurance.
12. Riders must be suitably mounted, SWDRC committee/organisers decision is final.
13. BRC rules apply to events unless otherwise stated in the rules.
14. The committee reserves the right to refuse entry, alter or cancel any class without giving a reason.
15. The Judges decision is final.
16. Horses and ponies competing must be 4 years and over unless specifically stated.
17. Reckless, dangerous or inexperienced riding may incur elimination.
18. No rider may carry a whip exceeding 75cm in length, except for dressage events.
19. Dogs to be kept on a lead at all times and under control.
20. In case of bad weather conditions please check club Facebook or web page for event updates.
21. Should it become evident that a competitor is competing beneath their abilities, the committee may ask them to compete in a higher standard class.
22. If you do not wish any attending photographer to take your photo or publish images on their web site, you must advise the photographer directly.



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