

...READER NEWS...



- > "Inside the Mind of a Winner" Series AUTUMN DATES confirmed
- > Equilates Clinics
- > JigsawEquine goes abroad to the Canadian FEI World Cup Qualifier, Aug 6th-9th

JIGSAWEQUINE Reviews the Seminar on Building Confidence



"Inside the Mind of a Winner"

Sports Psychology Seminars

"PREPARING TO COMPETE"

July 3rd

A change of venue to an intimate pine-clad Scandinavian Sauna (only joking) set the group up for a relaxed and cosy discussion on Confidence.

We agreed Confidence precedes success and Confidence is about believing in one's self.

We learnt that our Beliefs about confidence impact our attitude towards it and the thoughts and feelings it generates. To illustrate this, think about your upbringing and see if any of these are familiar:-

"you are either born confident or you aren't"

"don't show off"

"you have to work hard to

get anywhere"

"success isn't just handed to you"

"nice people don't boast".

"no body likes an overly confident person"

When you explore what beliefs you hold about confidence you can begin to see the reasons why your negative voices kick in and lower your confidence levels.

At the heart of confident riding are 3 things: i) TRUSTING your skills; ii) BELIEVING in your ability and iii) taking good CARE of yourself.

In reality we are all victims of negative thinking. So what can you do about it? "Treat yourself like your own best

friend" were Debbie's words of advice. This means being less critical of yourself and more factual about the situation you find yourself in. Instead of blowing things up out of proportion or dwelling on the mistakes simply notice what went well and what did not. Keep things in perspective, confidence is all about perspective!

Finally, an important skill that the group practiced was that of "Re-Framing" unhelpful thoughts. With practice this skill can be applied in the saddle, at critical moments. So that thoughts such as "I am worried about the display at the end of the arena" becomes "I'll be ok if I keep my horse interested in me, the job in hand and around my inside leg".

TOP TIPS FOR BUILDING CONFIDENCE

Confidence increases with practice. Here are 6 practical tips to follow:-

- 1 List out all the things that went well in a ride & keep a success journal
- 2 Keep a list of negative thoughts to work on
3. "Label" negative thoughts & visualize kicking them away!

4. Practice positive thinking 2 to 5 minutes a day
5. Visualize your role model or remember your own best riding performance; see, hear and feel it. See your body take on the confident characteristics of your role model (or yourself at your peak). Visualize riding superbly well. Throw in a few prob-

- lems and see yourself cope. Keep practicing this visualization
6. List out 3 reasons why you can trust yourself, believe in your abilities and why you should care for yourself! Finally, we excel when happy so remember why you ride and find ways to laugh and enjoy your horse time.

