



Performance Anxiety Webinar – March 16, 2023, 7:30 pm (central time)



- Are you confident in your riding and training at home, but feel like you've chosen the wrong sport at horse shows?
- Do you ride into the ring, and proceed to have every bit of advice your trainer just gave you leave your head?
- Do you keep a death grip on the reins, flub every transition, and leave the ring feeling like you wasted an entry fee?

**If this sounds familiar, plan on attending the Nebraska Dressage Association's Zoom Webinar,
"Taking Control of Your Performance Anxiety"
presented by Clare Morrison**

This education webinar is presented by NDA at a cost of \$10 for adults, \$5 for youth and 4-H members.
For more information and to sign up email – education@nebraskadressage.org



Clare Morrison, PCC, is a popular and successful performance coach, who helps adult amateur and collegiate athletes get out of their own way to create peak performances at every level. In Clare's words "As a recovering *rule follower*, I challenge my athletes to look beyond their physical gifts to up-level their performance. I founded Proceed Collected to help my clients build world class performance habits and overcome internal blocks so that they can perform and achieve at their highest level." Clare's undergraduate degree in psycho-biology provides an excellent foundation in the neurology, physiology, biochemistry and psychology of high performance. Her practical experience comes from parenting a Division 1 athlete and being a nationally competitive equestrian athlete herself.

After life-changing work with a performance coach, Clare saw her own competitive performance improve, resulting in several appearances at the USDF Finals as well as earning USDF bronze and silver medals. Understanding that she had found her calling through her riding, she earned her coaching credential from the International Coach Federation (ICF) and uses research-validated mind/body techniques such as HeartMath and Emotional Freedom Technique (EFT) to help her athletes harness their physical, mental, emotional and spiritual gifts to become resilient, elite performers.