



Scott Cook Photography

Rare opportunity to work with Dr Jenny, a gifted, dynamic sport psychologist who helps top athletes of all sports and leaders around the world, as well as riders – ambies & pros - who simply want to feel confident and safe on their horse, and/or improve their show performance.

As Team Sport Psychologist for the 2012 Olympic Dressage Team and a rider herself, Dr Jenny understands the complexities that riders face.

All Disciplines Welcome!



Dressage Clinics.org
*is honored to present a
a Sport Psychology Mounted Symposium*

***“Harnessing Your Brain Power for
Confidence & Performance”***

Dr Jenny Susser

***Sat, March 29 & Sun, March 30, 2025
Sandy Hill Farm, West Olive, MI***



Both days begin with a talk on Sport Psychology; Dr Jenny will help you learn how to:

- **improve focus and self-confidence**
- **form a new foundation of mental toughness**
- **learn how to deal with “show nerves”**
- **learn new ways to control your physical responses as they happen**
- **deal with anxiety and fear**

Breaks between lessons for auditor interaction with Dr Jenny as well as Q & A at the end of each day mean this highly interactive event helps both auditors and riders.

Auditors welcome!
(walk-in & preregistration available)
Auditor registration form at
www.dressageclinics.org

Questions or more info? Please contact:
Jorie Sligh joriejay@gmail.com