



Scott Cook Photography

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

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

Dr Jenny Susser

***Sat, May 2 & Sun, May 3, 2026
Sandy Hill Farm, West Olive, MI***

Don't miss this rare opportunity to work with Dr. Jenny, a gifted sport psychologist who has helped athletes and leaders around the world perform at their best—and riders develop greater confidence, security, & trust with their horses.

As Team Sport Psychologist for the 2012 Olympic Dressage Team and a rider herself, Dr Jenny understands the complexities that riders face. From building confidence to achieving performance goals, this highly interactive event will provide valuable insights for both riders and auditors

All Disciplines Welcome!



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:
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