



MINDSET

MASTERY



HALEIGH HOLOM
MENTAL PERFORMANCE TRAINING

MASTERING OUR MIND



PRE-RIDE

Mastering our mindset begins before we even arrive to the barn. Observe your stress levels in life outside of the barn. How easily are you able to set that aside while driving to the barn & spending time with your horse? Lets observe our routines & what the time looks like 1 hour before we ride, 30 minutes before we ride, and while your tacking up.

DURING YOUR RIDE

Mastering our mindset continues during our ride. Yet, it looks different. To set ourselves up for the best ride we begin with a solid pre-ride routine and continue with regulation tools while in the tack. These are tools you can utilize at the walk, trot, canter, and even galloping cross country. Let's be aware of the areas we thrive in and the areas we are seeking improvement from.



POST-RIDE

Lastly, our mindset continues once our feet hit the ground & we pat our horse after the days ride. As riders, we are constantly refining skills and seeking growth from the goals we have set. It is important to also observe the growth that we have achieved. This allows our brain to remain in a hopeful state of growth where growth feels attainable.

MASTERING OUR MIND



WHAT OUR MENTALITY GIVES US WHEN WE WORK WITH IT

CONFIDENCE – GROWTH IN CONFIDENCE AIDS YOUR OVERALL APPROACH TO RIDING & ENHANCES YOUR ABILITY TO RIDE THE STRIDE

FOCUS & CLARITY – THE ABILITY TO STAY IN THE MOMENT ALLOWS YOU TO REACT QUICKLY AND MAKE PRECISE DECISIONS.

EMOTIONAL CONTROL – MANAGING NERVES, STRESS, AND FRUSTRATION ENSURES THAT YOUR HORSE RECEIVES CLEAR AND CALM SIGNALS.

RESILIENCE & DETERMINATION – EVERY RIDER FACES SETBACKS. THE ABILITY TO STAY POSITIVE AND PERSISTENT IS KEY TO LONG-TERM SUCCESS.



WAYS TO PREP FOR RIDES

BREATHING TECHNIQUES – CONTROLLED BREATHING CALMS YOUR NERVOUS SYSTEM AND ENHANCES FOCUS. TRY DEEP BELLY BREATHS DURING WARMUP.

POSITIVE SELF-TALK – BEING AWARE OF NEGATIVE THOUGHTS & REPLACING THEM WITH TRUTH STATEMENTS, SUCH AS, “I AM CAPABLE,” OR “I HAVE PREPARED.” THIS SHIFTS YOUR MINDSET FROM DOUBT TO BELIEF.

GOAL SETTING – SET CLEAR, REALISTIC GOALS FOR EVERY RIDE. FOCUSING ON SMALL ACHIEVEMENTS BUILDS CONFIDENCE AND KEEPS YOU MOTIVATED.



MENTAL PERFORMANCE IS THE FOUNDATION OF GREAT RIDING. BY TRAINING YOUR MIND AS DILIGENTLY AS YOU TRAIN YOUR BODY, YOU CREATE A STRONGER CONNECTION WITH YOUR HORSE AND UNLOCK YOUR FULL POTENTIAL.

START IMPLEMENTING THESE TECHNIQUES TODAY, AND WATCH YOUR RIDING TRANSFORM FROM THE INSIDE OUT!



WAYS TO WORK WITH ME

AT A GLANCE



COMPETITION PREPARATION

- PLANNING SPECIFIC TO A COMPETITION
- TOOLS TO AID IN ELITE PERFORMANCE WHILE ADDRESSING BARRIERS
- ASSESSMENT OF YOUR CURRENT PERFORMANCE STYLE

HIGH PERFORMANCE COACHING

- PLANNING FOR A COMPETITION, RETURNING FROM AN INJURY, DESIRE TO GROW CONFIDENCE, ENHANCE YOUR PERFORMANCE, OR FIND ENJOYMENT IN RIDING AGAIN?
- TOOLS TO AID IN ELITE PERFORMANCE WHILE ADDRESSING BARRIERS
- ASSESSMENT OF YOUR CURRENT PERFORMANCE STYLE

CLINICS

LOOKING FOR A WAY TO GIVE RIDERS AT YOUR BARN THE TOOLS TO MEET THE PERFORMANCE GOALS THEY HAVE THROUGH BOTH GROUP & INDIVIDUAL COACHING-THIS IS JUST FOR YOU!

WE OFFER 2 & 3 DAYS CLINICS



CONSULTATIONS FOR THE PROFESSIONAL

- IF YOU DESIRE TO LEARN ABOUT PHYSIOLOGICAL REASONS YOUR CLIENTS ARE HAVING DIFFICULTIES AND APPEAR STUCK OR NOT PRESENT DURING RIDES.
- GAIN FURTHER UNDERSTANDING OF PERFORMANCE BARRIERS AND STRATEGIES TO ASSIST YOUR CLIENTS DURING STUCK MOMENTS



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HALEIGH IS A DEDICATED THERAPIST AND PERFORMANCE SPECIALIST WITH A MASTER'S DEGREE IN SOCIAL WORK. HALEIGH IS COMMITTED TO VALUING EACH INDIVIDUAL AND EXCELS IN HELPING CLIENTS ACHIEVE THEIR PERSONAL AND PROFESSIONAL GOALS.

AS A PERFORMANCE SPECIALIST, HALEIGH OFFERS PERSONALIZED PLANS TO STRATEGIZE AND ENHANCE RIDING SKILLS, INCLUDING ACHIEVING FLOW AND MOMENTUM, RIDING THE STRIDE EFFECTIVELY, AND WORKING THROUGH FEAR. SHE IS ADEPT AT HELPING RIDERS REGULATE THEIR NERVOUS SYSTEMS, ESPECIALLY WHEN RETURNING TO THE SADDLE POST-INJURY. HER COMPETITIVE EXPERIENCE IN 3-DAY EVENTING FURTHER ENRICHES HER ABILITY TO GUIDE AND SUPPORT EQUESTRIAN ATHLETES.

Your best rides are ahead.
Haleigh Holom
Performance Specialist