

*Achieve Your Goals*

*Live Your Dreams*

*and Do It On Horseback!*

Learn how to put critical thinking and Life Coaching to work for you, fast track you to succeeding every day and reaching your greatest dreams! Get taken step by step through tools that are proven to work, whether you want to get out on the trail more often, or want to make it to the Olympics!

Taught by multi-talented equestrian & author, Erica K. Frei, who lives the tools she teaches every day! Living proof of the effectiveness of her method of goal setting, Erica has become a self-published author, teaches riders, trains horses, is a certified Massage & Neuromuscular Therapist, designs websites, acts, models and sings to her horses... Don't wait another day to chase after what you **want out of life!**

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Change feelings of...

Frustration  
Confusion  
Uncertainty  
Lack of Confidence  
Fear  
Mismanagement  
Negativity  
Failure  
Anxiety  
Injury

Into Feelings of...

Clear  
Confidence  
Certainty  
Joy  
Excitement  
Happiness  
Success  
Achievement  
Courage



W O R K S H O P

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**Awareness In Riding**

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