

# ENTRY FORM

NAC of ADA:

Sport Psychology Seminar and Workshop,  
Non Riding

with Laura Borghesani  
For all disciplines



Show Season 2023 is here! Do you have anxieties, fears, triggers which hinder you from doing your best? Whether you compete or just have butterflies when you work or play with your horse:

Join us and  
Laura Borghesani: Certified  
Member of the Pressure Proof Training Team

**Date: Saturday, April 22**

**Time: Seminar: 11:30 am - 12:30**

**Lunch Provided: 12:30 to 1:30**

**Workshop: 1:30 - to 2:30**

**Cost: \$45**

**\*Place: 12920 N Quartz Creek Trail, Prescott, 86305**

**\*Mail checks, payable to NACofADA and THIS FORM to Nicole Howey,  
8725 E Morning Star Ranch Rd, PV, 86315**

**Name** \_\_\_\_\_ **Discipline** \_\_\_\_\_

**Address** \_\_\_\_\_

**Email** \_\_\_\_\_ **Phone** \_\_\_\_\_

Join us to learn how to calm our fears, overcome performance anxiety, recover from mistakes, become more confident and courageous. Laura has been a part of multiple aspects of equestrian life for over 40 years. Her passion is coaching riders and their horses of all ages and levels to be courageous, calm, strong and confidently independent in every aspect of our challenging sport.

**PRE-REGISTER TO RECEIVE GATE CODE**