



**Northern Ohio Dressage Association**

Performance Anxiety Webinar with Clare Morrison, ACC

Wednesday – September 8, 2021 – 8:00 pm

**Performance anxiety is a real challenge for competitors in all sports.**

* Are you confident in your riding and training at home but feel like you’ve chosen the wrong sport at horse shows?
* Do you ride into the ring and proceed to have every bit of advice your trainer just gave you leave your head?
* Do you keep a death grip on the reins, flub every transition, and leave the ring feeling like you wasted an entry fee?

Performance Anxiety Webinar - May 24, 21 - 8:00pm EST

**If this sounds familiar, plan on attending NODA’s Zoom Webinar:**

**“Taking Control of Your Performance Anxiety” presented by Clare Morrison!**

To RSVP for this FREE event, please email Elizabeth Scalabrino at: [Education@nodarider.org](mailto:Education@nodarider.org)

Clare Morrison, ACC, is a popular and successful performance coach, who helps adult amateur and collegiate athletes get out of their own way to create peak performances at every level. In Clare’s words “As a recovering "rule follower," I challenge my athletes to look beyond their physical gifts to up-level their performance. I founded Proceed Collected to help my clients build world class performance habits and overcome internal blocks so that they can perform and achieve at their highest level.” Clare’s undergraduate degree in psycho-biology provides an excellent foundation in the neurology, physiology, biochemistry and psychology of high performance. Her practical experience comes from parenting a Division 1 athlete and being a nationally competitive equestrian athlete herself. After life changing work with a performance coach, Clare saw her own competitive performance improve, eventually resulting in several appearances at US Dressage Finals and bronze and silver medals from US Dressage. Understanding that she had found her calling through her riding, she earned her coaching credential from the International Coach Federation (ICF) and uses research-validated mind/body techniques such as HeartMath and Emotional Freedom Technique (EFT) to help her athletes harness their physical, mental, emotional and spiritual gifts to become resilient, elite performers.