

You have qualified for National Finals. Your boots are polished.  
Your coat is pressed. You've practiced hard.  
But are you **MENTALLY PREPARED** to compete at your top level?



invites all IEA Riders, Coaches and Parents to join

**TONYA JOHNSTON**  
**THURSDAY, APRIL 16**  
**3:00 - 4:00 PM (ARENA AREA)**  
for a **MENTAL SKILLS FOR RIDERS CLINIC**

(Clinic is free to attendees and proudly sponsored by Hollins University.)

Tonya Johnston, MA, is a Mental Skills Coach, author and A-circuit competitor who specializes in working with equestrian athletes. Her clients have been successful at every level, from the short stirrup ring to national titles, medal finals and international championships. Tonya's book "Inside Your Ride: Mental Skills for Being Happy and Successful with Your Horse" is available on Amazon.com. Her monthly podcast "Tonya Johnston's Inside Your Ride" is a part of the Plaid Horse Magazine's Plaidcast and she travels to conduct Mental Skills for Riders workshops all over the country for private barns, teams and associations. Connect with Tonya at [www.TonyaJohnston.com](http://www.TonyaJohnston.com).

