

FREE WEBINAR

***5 SECRETS
OF TOP
EQUESTRIANS***

Workbook

EQUESTRIAN ATHLETES MAGAZINE



Welcome

I am so excited you are here for Equestrian Athletes Magazine's webinar on the top 5 secrets of top equestrians. I am looking forward to connecting with each of you.

Our hope is that our webinar will give you insight, motivation, and tools you need to keep your career in the saddle in a forward moving path.

Developing each of these skills will keep you fit mentally and physically as you progress.

Before we begin, write down what you think top equestrians have that you need and save these in your notes for the webinar.

-Deirdre R. Sabo
Magazine Publisher and Creator

How to get the most out of this webinar:

- Show up live**
- Print This Workbook**
- Write up some questions you might have**
- Complete first page of workbook before webinar**
- Participate in the chat below the webinar during the webinar**

