

# IT'S TIME TO STOP RIDING SCARED!

Wouldn't you agree that riding horses can be one of the most rewarding and thrilling experiences? Yet, the joy and benefits, both mental and physical, can be quickly sabotaged by fear and anxiety.



[STABLEMINDED.US/FINDING-CALM/](https://STABLEMINDED.US/FINDING-CALM/)

***Finding Calm: Helping Riders Navigate Through Fear and Anxiety*** is the solution to stop riding scared! Developed by seasoned equestrian, mental health professional, and founder of Stableminded.us, Lisa Pulliam offers ***Finding Calm*** as the pathway for helping equestrians of all ages, levels, and disciplines understand the art and science of mental fitness in order to grow in and out of the tack.

Whether seeking to overcome mindset hurdles, regain confidence, or develop a deeper understanding of horse and human behavior for building a better partnership, this program is the essential tool to add to the tack box!

*This is the key to unlock calm!*

I discovered WHY fear was showing up in unexpected ways and learned HOW to apply the CALM TIPS to resolve the anxiety so that I could ride on with calm and confidence. - Jen



## INVITE LISA TO EQUIP YOUR RIDERS

Lisa is a seasoned educator, workshop leader, speaker, former podcast host, and frequent podcast guest passionate about equipping her audience with practical takeaways. She understands the importance of engaging storytelling, authenticity, vulnerability, and simplified application to motivate the growth process.

*Connect with Lisa*

[LISA@STABLEMINDED.US](mailto:LISA@STABLEMINDED.US)

(443) 256-9493

[STABLEMINDED.US](https://STABLEMINDED.US)

