



Brenda Riemer, Ph.D.

Mental Skills Training For Competitive Canine Handlers

PRESENTED BY K-9 OBEDIENCE OF JACKSONVILLE

May 30-31, 2020

**Saturday & Sunday Working Spot with Dog \$250
Saturday & Sunday Auditor \$ / One Day Auditor \$125**

Presented at Obedience Club of Daytona

An email to Brenda from a previous seminar attendee who shows in obedience and conformation:

Hi Brenda, I wanted to give you some feedback on your seminar. I am so very competitive, that if I'm not "winning" or taking the points in conformation, or placing 1st or 2nd in the obedience ring, I feel like a failure.

Well, after your seminar, on the way to my next dog show, I noticed that my leg muscles were tense-didn't know I did that before! My shoulders and arms were tense too. So I tried some of your suggestions to de-tense myself, in addition doing some visualizing.

While grooming and getting ready, I started feeling nervous again, so I used the breathing technique. I also did short visualizations. When I went into the ring I didn't focus on anything but "us as a team" and the judge of course. I stood tall not hunched over, I focused on what my trainer had said, and moved him at a good pace while I hummed and counted under my breath.

We took second in our class and then reserve. No points but I felt amazing when I came out of the ring! I had accomplished what I set out to do – with your help, of course. It was a great feeling!

I took your seminar to heart and it really helped me. Now I keep practicing and setting small goals, not focusing too much on the winning, but being happy and a team with my boy in the ring, and it shows.

Thank you so much for the seminar and info!

About Brenda

Brenda Riemer earned her PH.D. in Sport Psychology from Michigan State University in 1996. Since then, she has taught Sport Psychology at the college level and has worked with college and high school athletes. In addition, she has worked with top obedience competitors on their mental skills. Brenda's current dog is Dachshund, Zelda, CD, RN BN, RATN. Brenda's prior dogs have earned an OTCH and UDXs, as well as other obedience, rally and agility titles. Brenda has also shown in Dachshund field trials, Earth Dog, and Barn Hunt. She has even dipped her toe in the conformation ring. Brenda currently teaches at Eastern Michigan University.

About the seminar

The philosophy behind this mental skills seminar is the fact that people are not born with perfect mental skills for the dog sports ring, just as dogs are not born knowing how to perform perfect heeling, fronts or finishes. Ring nerves can be overcome with practice – whether competing in conformation, obedience, rally, agility or any other dog sport.

Saturday will include:

- What competition is
- Why we can experience ring nerves
- Psychological skill training
- Ways to reduce stress and anxiety
- Imagery, goal setting and other related topics
- With multiple exercises for everyone to do during the seminar

Sunday will include:

Up to 12 dog / handler teams will prepare to enter the ring, do a brief run-through (various sports) and then exit the ring in a mock trial. Brenda will coach and support the handler. Other seminar attendees will play the parts of judge, stewards, audience, etc. It will be a great opportunity for everyone to see Brenda's mental training skills put into practice.

More information

The seminar will be held at The Obedience Club of Daytona

located at 1276 7th St, Daytona Beach, Fl.

Seminar hours: 9 am to 4 pm.

There will be plenty of room for participants, auditors and dogs.

Seminar and working spots will fill in the order full payment is received. No spots will be held without payment. A waiting list will be maintained. Refunds only if the seminar is cancelled. If you cannot attend, you may sell your spot to a friend, provided you give us written notice.

Morning and afternoon refreshments and lunches will be provided each day. See the back of this page for registration or visit our website/Facebook page.:

Dr. Brenda Riemer
Mental Skills Training For Competitive Canine Handlers

May 30-31, 2020

Held at Obedience Club of Daytona located at 1276 8th St, Daytona Beach, FL

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Dog's Name: _____ Breed: _____ Age: _____

Dog sport _____ Level _____

What are your goals for this workshop? Describe problems you want to address.

REGISTRATION

_____ Weekend Working Participant \$250

_____ Weekend Auditor \$125

PAYMENT (Make checks payable to K-9 Obedience Club of Jax): Amount Enclosed: _____

*REFUND POLICY: No refunds will be given unless there is a waiting list and another participant replaces you.

Please sign and send with registration fee to:

Dianne Strickland
9013 Ft Caroline Rd,
Jacksonville, FL 32225

Contact info: diannestrickland@missouristate.edu (417) 773.7644

*ACCEPTANCE OF LIABILITY, RISK AND INDEMNIFICATION: I acknowledge that I am responsible for the control and conduct of my dog. My dog is not aggressive toward humans or other dogs. I am solely liable for any injury to persons, to other dogs, or damage to property caused by me or my dog. I will hold harmless, indemnify, and defend Brenda Riemer and K-9 Obedience Club of Jacksonville from any and all liability for injuries or damage caused or incurred by me or my dog whatsoever and for any loss or damage to property while on the premises or engaged in activities related to the seminar.

Signature of Participant

Date: _____