



RISE

Performance Consulting



STRIVE

PERFORM

EXCEL

PERFORMANCE PSYCHOLOGY & MENTAL HEALTH SUPPORT

Equestrian NT is thrilled to invite ENT members and guests to participate in workshops and individual sessions with Sports Psych Specialist Jacquie Sandland from RISE Performance.

Performance is an essential part of daily life. RISE can work with you to develop your performance in sport, work, school, music, relationships or navigating through daily life. RISE will work with you to assist you to achieve your best. RISE uses evidence based strategies to work with clients of all ages, in a variety of settings.

Saturday 31st August

Group presentation 3pm- 5pm

Individual sessions times available after 5pm

Sunday 1st September

Group presentation 10am - 12pm

Individual sessions available before and after

Cost: FREE

Location: Level 1, Building 2, Darwin Corporate Park

631 Stuart Highway Berrimah

Book: via eventbrite <https://ent-rise-performance-sessions.eventbrite.com.au>

ENT facebook page

or nominate

