



Presents!

Diane Peters Mayer
Conquering Ring Nerves
A Seminar for Handlers and Dogs

Saturday, February 21, 2009
 9:00 AM to 4:00 PM

Approved by CPDT for 4.5 CEUs

The **Conquering Ring Nerves Program** contains exercises and techniques adapted from a number of disciplines including: psychology, yoga/meditation, breath work, theater arts, and sports psychology.

Learn how to channel your “nerves” into a blue ribbon performance. See the difference a day makes!

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| <ul style="list-style-type: none"> • Understanding performance anxiety • Stopping panic • Getting and staying relaxed • Stopping obsessive thinking about past performances and worrying about future ones • Concentration under pressure | <ul style="list-style-type: none"> • Staying connected with your dog in the ring • Turning off negative self-talk • Being centered in the ring • Building confidence • Using guided imagery to reach peak performance |
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Participants learn exercises and techniques, then practice what they’ve learned with their dogs throughout the day in simulated show situations.

Practice time is split approximately 40% without dogs and 60% with dogs. The program is beneficial for the novice as well as seasoned competitor.

Diane Peters Mayer, M.S.W., is a psychotherapist and performance anxiety coach in private practice in Doylestown, PA, with a masters degree in clinical social work. She is the author of: Conquering Ring Nerves: A Step-by-Step Program for all Dog Sports, Howell/Wiley, 2004; The Everything Health Guide to Controlling Anxiety, 2005; Overcoming School Anxiety AMACOM, July, 2008.

This is an intense learning program. Because of its interactive nature of and individualized practice time, the number of working participants is limited to 25. There is no limit on auditors.

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Yes! Please reserve a space for me! Circle one: Working Audit

Name	
Address	
E-mail	Phone
Dog’s name	Breed
Our sports include:	

Please read and sign the following statement to indicate your acceptance of responsibility.

I understand that working with animals can present risks and damages to my animal and me. It is my responsibility to keep my dog under control at all times during training sessions at Pup-A-Razzi, including walking to and from my vehicle. I also agree that I alone am responsible for my own dog’s behavior in the class and on school grounds. To minimize all risks, I agree to disclose to the class instructor any danger or sensitivities my dog may present. I understand that I am participating in this class at my own risk and by signing this waiver I assume all risks. I agree to indemnify Pup-A-Razzi, Inc. and Diane Peters Mayer from any liability or damages related to my participation.

(signature)

Working spots are limited to 25, and reservations for working spots must include a \$50 deposit. Deposits are non-refundable after February 10, 2009. Spaces may be transferred to another participant.

Working spot (limit of 25):

Early reservation (prior to January 15, 2009)	\$100
After January 16, 2008	\$120
Auditors (unlimited)	\$ 30

Pup-A-Razzi accepts: cash, check, Visa and Mastercard.