



## Natural News!

*Rider Confidence, Rider Wellness and  
Healthy Weight. Hone your  
horsemanship and life skills, one ride  
at a time!*

June/July/August 2012

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### New and Newsworthy!



Book your seminars and clinics now! Taking dates for Oct/Nov/Dec 2012 and all of 2013.

To get an idea of what is offered, please visit my [clinics](#)

## Welcome! Glad to be back

I have had some of you ask me if they were mistakenly taken off my newsletter list and I reply "no, there haven't been any newsletters sent since May". I'm happy to be back sharing coaching news and I hope that you enjoy this edition.

I've been working hard to further my education this summer committing to beginning my journey to becoming a [Peggy Cumming's Connected Riding Practitioner](#)! It's an exciting path to be taking, and is already complimenting my existing coaching by being able to offer coaching on the ground as well as in the saddle. What Peggy offers beautifully compliments my coaching style and the message that I share, for what I believe will be a unique and unbeatable combination for those who are drawn to

[page.](#)

Coming in September 2012, Connection and Confidence clinics with a combined focus of confidence coaching and Connected Riding principles!

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developing a strong partnership with their horse, and also with themselves that is part of a lifelong journey.

So I apologize for the absence, but as I say, you have to follow your priorities and that can mean that you have to set things aside that you love but just can't devote the time that it takes. By following those priorities, you can fully develop what you need, and do it with passion and presence; something many of us have a hard time doing in our hurly burly paced world.

Enjoy the issue, and please let me know if you'd like for me to come to your barn to help you connect with confidence to your horse and with yourself!

## "Mental" Health Tips True Confidence

The summer Olympics are here! And if you're like me, you're setting your DVR to record all the equestrian events and other favorite sports to cheer on the athletes. Do you consider yourself an athlete? Well you should, because if you're working at any level with confidence in your life, you're not too far removed from this mental game from athletes in any sport...and you certainly can benefit from some sports psychology thinking.

Sports - at any level - is a game of confidence. When you have it, your skills shine. When confidence sinks, you don't perform up to your capabilities. But confidence for many athletes is too fragile or fleeting in my opinion. Too

many athletes allow their confidence to go up or down rapidly based upon immediate results and circumstances during competition. These athletes ride the confidence roller coaster. When they perform well, they feel good about their skills. When they perform poorly (or not up to expectations), their confidence can dip quickly. [Continue reading](#)

## Coaching Corner

### Motivation from Within: Conquer Procrastination!

I learned something today...the power of Ridiculously Small No-Fail Goals (RiSNG to accomplish)! And yes, I know what you might be saying right now "Anke, you're the one who taught ME the power of RiSNG!!". And you'd be right, I may have taught those to you, but I said I learned the power of RiSNG. Let me explain.

Like you, I can tend to be set in my ways since I've been doing certain things for say, oh, a certain amount of years. And sometimes, I can even be thought of as stubborn enough to not want to make a change even though what I'm doing isn't really working too well (yup I do it too, not just you). So, when I started on restructuring my business this past fall, I took a long hard HONEST look at what was working, and what wasn't. What I found was that there were some key big tag items that needed some attention. Of course, my first thought was "wow, this is huge, it will take me eons to complete...where are my car keys it's time to go to the barn...". The first rule to procrastination is that if it makes you feel like doing ANYTHING other than the project at hand (even root canal), you're not thinking RiSNG. [Continue reading...](#)

### From the "Horses Mouth"!

"Blessed are the flexible, for they shall not get bent out of shape" *Betsy Shirley, Buck Brannaman's foster mother*

## Upcoming Events!

### 2012

- Self Directed Coaching for "[De-SpookYou!](#)" ~ Confidence Coaching that will take away the fear of the unknown, and make "what if's" a thing of the past!
- [Confidence and Respect Clinic](#) with Dennis Auslam and Anke Johnson, Morton MN May 26th and 27th, 2012
- [Confidence and Connection Clinic](#), Green Bay Group June 14, 2012, dates in September coming soon!
- [Confidence and Connection Clinic](#) two days at Excelsior Equestrian Center Hobart Indiana, September 22 and 23, 2012
- [Honor your Values, Trust your Intuition and Celebrate your Strength clinic](#), two day clinic in Hayward WI October 12 and 13, 2012

### 2013

- [Midwest Horse Fair](#), April 19, 20, 21 2013 Madison WI. Booth #5010 in the Exhibition Hall-Mendota Atrium. Look for our banner "For Riders Who Want More!" Speaking on "**Confidence for the Trail**" and/or "**Fear and the Returning Adult Rider**".
- Funny true life stories and a "kick back and have an adult beverage" kind of attitude at my blog [Why I Ride Horses!](#) Please come and visit and leave a comment or two!

"A Quick Curry"

If the question ever comes up of whether or not to ride, choose "yes" to just being with your horse for some undemanding time...whether that's on his back, or by his side:)

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