

The Kalamazoo Kennel Club is proud to present

Mental Skills Training for Competitive Canine Handlers
By Brenda Riemer, Ph. D.



Saturday, July 30, 2016 from 9 AM to 4 PM
At the KKC building, 1249 West D Ave,
Kalamazoo, MI 49009
Cost: \$85.00 (light lunch included)

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. Most important, she has worked with top obedience competitors on their mental skills. Brenda competes in obedience and has competed in rally and agility. She currently teaches at Eastern Michigan University.

The philosophy behind the mental skills seminar is people are not born with perfect mental skills for the ring, just as dogs are not born knowing how to heel. Ring nerves can be overcome with practice – whether competing in conformation or performance events!

This seminar 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

Send registration and check payable to KKC to: Mary Law, 6053 East HJ Ave., Kalamazoo, MI 49048
PH: (269) 385-2911 by July 15, 2016

I agree to not hold the Kalamazoo Kennel Club Inc., Brenda Reimer, and event organizers liable for any loss, damage, or injury to my dog, myself or my property when in attendance at this seminar.

Name: _____ PH: _____

Address: _____

City: _____, State: _____ Email: _____

Signature: _____