Mojo

PERFORMANCE SYSTEMS™

Understand • Regulate • Perform



The 5 MOJO SECRETS Every Great Coach Learns

Five principles to transform the way you understand riders under pressure.

Great coaching starts with understanding.

The Mojo Queen

A Mojo Discovery Guide to Peak Performance.

A different lens on performance

As a ring steward, and as The Mojo Queen attending competitions to coach my clients, I have had a ringside view of the moments that shape a rider's experience. I have watched skilled coaches give their very best, and capable riders sometimes struggle to show what they know.

That is why I believe great coaching goes beyond teaching the technical skill. It also helps us understand the person trying to use that skill when pressure arrives.

These five Mojo Secrets are not tricks or quick fixes. They are principles I have learned through years of working with riders and observing what happens before, during and after competition.

Some may confirm what you already do instinctively. Others may invite you to question a familiar habit. Neither response is a judgement. The aim is to help you make the valuable parts of your coaching more intentional and repeatable.

Great Coaching Deserves Great Competition Performance.

As you read, think of the riders you support. Notice one principle you could apply more consistently, then give yourself space to reflect on what changes.



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MOJO SECRET 01

Every behaviour makes sense once you understand the rider

When a rider rushes, withdraws, argues or goes quiet, it is tempting to label the behaviour. But behaviour is information, not the whole story. Curiosity helps us explore what the rider is experiencing before deciding what support they need.

IN THE ARENA

A usually chatty rider becomes silent at the collecting ring. Are they concentrating, worried about disappointing someone, overwhelmed by instructions, or simply wanting quiet? Ask, rather than assume.

COACH'S DISCOVERY

What behaviour have I interpreted too quickly? What might I discover by asking a different question?

What I notice in my coaching

One practical action I could try

MOJO PRINCIPLE

Notice first. Interpret carefully. Respond to the rider in front of you.

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MOJO SECRET 02

Regulation comes before performance

Riders do not have to feel perfectly calm to perform. They do need enough steadiness to notice information, make decisions and respond to their horse. A familiar body-first routine can help them access the training they already have.

IN THE ARENA

Before a round, a rider begins to rush their words and breathing. Instead of adding technical corrections, help them reconnect with a practised breathing rhythm, posture and one simple focus cue.

COACH'S DISCOVERY

How do I recognise when a rider is no longer in a useful state to learn or perform? What helps them regain steadiness?

What I notice in my coaching

One practical action I could try

MOJO PRINCIPLE

Support the body. Settle the focus. Then choose the words.

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MOJO SECRET 03

Identity drives performance

A disappointing round should not become a verdict on who a young rider is. When results become fused with identity, ordinary mistakes can feel like personal failure. Coaching can help riders see themselves as learners whose value extends beyond a placing or a clear round.

IN THE ARENA

After a refusal, a rider says, 'I'm rubbish.' Instead of arguing about the result, acknowledge the feeling and separate the event from the person: one round tells us what happened today, not who you are.

COACH'S DISCOVERY

When I speak with a rider after a result, do my words strengthen their identity as a capable learner?

What I notice in my coaching

One practical action I could try

MOJO PRINCIPLE

RESULT does not equal IDENTITY.

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MOJO SECRET 04

Parents are part of the coaching team

Parents influence the atmosphere around young riders, often with the best intentions. A shared understanding between coach, rider and parent can reduce mixed messages and make competition support feel more predictable.

IN THE ARENA

Before a round, a well-meaning parent may say, “Don’t worry about the double; it’ll be fine.” The rider may then focus on the double as a problem. Agree on a positive, useful cue instead, such as “Ride your rhythm and trust your plan.” Agree on an after-the-round strategy too. For example: allow time to settle, recognise effort and learning, and leave technical analysis to the coach for the right moment.

COACH’S DISCOVERY

What one conversation could I have with a parent to create a more supportive competition experience?

What I notice in my coaching

One practical action I could try

MOJO PRINCIPLE

Align the adults so the rider receives a clearer message.

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MOJO SECRET 05

Systems create consistency

Good instincts are valuable, but riders benefit when effective support is not left to chance. Repeatable preparation, simple in-the-moment cues and thoughtful recovery routines help coaches deliver the same quality of support across different days and pressures.

IN THE ARENA

A coach uses the same brief check-in before every round, agrees one performance cue and holds a short, non-judgemental review afterwards. The routine is familiar, but its application remains individual.

COACH'S DISCOVERY

Which part of my coaching works well when I remember it, but is not yet a consistent habit?

What I notice in my coaching

One practical action I could try

MOJO PRINCIPLE

Make what works intentional, repeatable and individualised.

Your Mojo discovery reflection

A secret only becomes useful when it changes what you notice, choose or practise. Pick one principle and make it part of your next coaching conversation.

Which Mojo Secret feels most relevant to my riders right now?

Describe one competition moment where this principle could make a difference.

What will I do differently, and how will I recognise progress?

One small change, practised consistently, can create lasting impact.

From insight to action

Great Coaching Deserves Great Competition Performance.

These five principles invite you to look beyond the result and recognise the person, the pressure and the patterns beneath performance. The next step is to discover what is already embedded in your coaching.

THE MOJO PERFORMANCE SCORECARD™

A developmental discovery tool for riding coaches, designed to recognise strengths and identify opportunities to grow, not to judge your ability.

DISCOVER YOUR MOJO PERFORMANCE SCORE

Click here to complete your Scorecard
or scan the QR code with your phone.



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