



**2023 Saratoga WIB Spectacular Horse Show
Equestrian Businesswomen Events
“Wellness, Prosperity, & Wisdom”**

Wednesday, July 12: at Small Observation Tent

11 a.m. – **Bits & Bites w/ Herm Sprenger** and Q&A: Bitting 101 – Grab a bite and learn more about bitting your horse

12 p.m. – **Meet & Greet with Take2** Executive Director Andy Belfiore- Stop by to learn more about the Take2 Program, enjoy some refreshments and pick up some swag

Thursday, July 13: at VIP Tent

Course Design Walk & Talk: During the \$5,000 Welcome Stake, grab a beverage and join us to walk the course and talk with the course designer

Judging & Ice Cream TBA: Sit down with a judge and learn about what they look for, how the to fill out the score card, and indulge in an ice cream sundae bar

Friday, July 14: at VIP Tent

7:30-8:30 a.m. – **Coffee Hour**, sponsored by Dechra

8 a.m.-11 a.m. – Educational Seminars and Q&As

Dr. Sam Fielding: Mini Mindset Makeover - How to change your state regardless of what's going on

Katie Navarra Bradley: Boost your horse business with three proven marketing strategies

Nicole Scribner: How healthy is your business – Is a loan the prescription?

Lauren Reischer: Thoughts on making horse shows more accessible to riders with disabilities

Christine Rolando: What is your horse's "worth" and how to maintain your horse's "value"?

Katie Navarra Bradley: Unplug and recharge

Sue van der Linden: How to take care of yourself if your barn doesn't have the benefits you need

Tattie Singer: Pivoting your career within the equine industry

11 a.m.-12 p.m. – **US Equestrian Panel with:**

Sonja Keating, Chief Operating Officer and General Counsel

Debbie Saliling, Director of Compliance

Judy Sloan, USEF Secretary Treasurer and Board Officer

Vicki Lowell, Chief Marketing and Content Officer

1-4 p.m. – **Educational Seminars** and Q&As

Lisa Eklund: Cultivating Mindfulness: four tips for a deeper connection with your horse

Sue van der Linden: Treat your horse business like a business – Because retirement isn't just for the horses

Emily Urban: Equine Business Realignment: Personal Values Workshop

Michelle Bloch: Story, curiosity, and the practice of making space for creativity

Meredith Vanderminden: Wellness for all stages of life

Sue van der Linden: Finding a Financial Trainer – It's like finding a trainer for you and your horse

5 p.m. – **The Social Hour** – Come celebrate women in business, network with our speakers, and enjoy a drink!

