

4 SKI CONFIDENCE TIPS

LOUISE PODE

LEADING SKI MINDSET
& CONFIDENCE COACH



Contents

**MEET
LOUISE**



**1. CONFRONT
WHITEOUT
SKIING**

**3. OVERCOME
A CHILD'S
FEARS**

**2. SKIING
AFTER AN
ACCIDENT**

**4. SKI
MINDSET
TOOLKIT**



Contact Us

peakretreats.co.uk

@peak_retreats

reservations@peakretreats.co.uk

023 9283 9310

Meet Louise Pode

Ever stood at the top of a run with your heart racing, legs shaking and confidence fading? You're not alone.

I was once that anxious skier. After two hip replacements and a major skiing accident, it wasn't my technical ability that held me back - it was the psychology of my skiing.

Drawing on 25 years as an executive coach, a master practitioner in neurolinguistic programming and an NHS and Military physiotherapist, I rebuilt my confidence and rediscovered the joy of skiing.

Now, *in collaboration with Peak Retreats*, I'm releasing tips to help you with four core ski concerns. It's time to fall back in love with skiing.

Would you love to feel more confident on the slopes? Imagine how great that would feel!



LET'S GET STARTED ➡

Confront whiteout skiing

Post lunch, facing a whiteout and need to get down the mountain?

- ✓ Ski with someone else and ski behind them
- ✓ Find the poles bordering the run and keep them in your sight on your left or right
- ✓ Slow it down – don't hurry!
- ✓ Breathe in on a turn and out as you ski down
- ✓ Keep your knees soft – you may not see any clumps of snow
- ✓ Sing your favourite tune out loud!



Before you know it, you've reached the bottom.

If you wake up to whiteout conditions, don't ski. It's disorientating, tough and won't help your nerves



A few days after finishing Louise's course, I felt excited. Armed with techniques and a clear vision of how I wanted to ski, I was confident in my ability. I had rediscovered my love of skiing

Alison Willis – Managing Director
PEAK RETREATS

Check out
Ski Confidence
Week

Skiing after an incident

Falls can leave an emotional impact, even without a physical injury.

Stop, pause & reset 🍰

Get up, dust off and take a moment to reset yourself over a hot chocolate

Positive visualisation 🌸

After your fall, in the evening, visualise skiing the same run feeling relaxed, calm and in the flow. Recreate those positive neural pathways

Positive affirmation 👍

Remind yourself that you've got this, it's going to be okay

Be kind to yourself 🕶️

Opt for runs well within your comfort zone to rebuild your confidence over the rest of the day



Overcoming a child's fears

Stay calm

Don't be frustrated, you'll just add extra pressure



Validate their emotions

"I understand. What can I do to help?"

Alleviate pressure

Avoid phrases like:
"You can do this - it's an easy run" or "Come on, you've done this before"

Don't assume level of run

Ensure you ski on slopes that they feel comfortable on to nurture their confidence

Anxiety makes you feel like you're losing control. Give them that control back. Ask: "Shall we do something else this afternoon?" "Why don't you choose a cafe?" "Would you like to pick the next run?". They'll feel empowered.



Your quick ski anxiety toolkit

Feeling anxious? Ski mindfully to keep your mind in the present. Think about:

3 things you can see

The beautiful mountains
The colour of someone's jacket
The lift passing overhead

3 things you can hear

A couple laughing
Snow under your skis
The whirl of the view passing by

3 things you can feel

The pressure in your boots
Your hands gripping the poles
The cool air on your cheeks





Ski Confidence Week

Get your mountain
mojo back



Contact us

peakretreats.co.uk

023 9283 9310

[@peak_retreats](https://www.instagram.com/peak_retreats)

What is Ski Confidence Week?

4 days

In the stunning French Alps resort, La Rosière, regaining your ski confidence (travel & transfer option included)

Luxury stay

Luxury 4* hotel with outstanding spa facilities (breakfasts and 3-course dinners included)

Expert coaching

Pre-trip ski coaching sessions with your personal mindset coach, Louise Pode plus small and supportive group ski lessons in resort



13 – 17 MARCH 2027

Super early bird
offer expires
30 June 2026

From
£1,754 pp



FIND OUT MORE





peak retreats

peakretreats.co.uk | 023 9283 9310 | reservations@peakretreats.co.uk