

# GOLF MINDSET – WHAT IS IT?

It has been said that sport is 10% physical and 90% mental.

When we move away from swing *mechanics* to player *performance*, we engage in a whole body experience. We start to *play golf*, rather than just 'hit balls'.

When we *play golf* we manage/optimize our

- thoughts
- feelings
- behaviours

**"THE MOST IMPORTANT SHOT IN GOLF IS THE NEXT ONE." Ben Hogan**

If we do this effectively and with self-awareness, we are more likely to arrive *in-the-zone* and stay in it.

Golf is also a game to be ENJOYED whatever your handicap. If it is not fun, if there is no 'joy' in *being* a golfer and *playing* golf, then why bother?

Golf Psychology is about managing your 'state' on the course. If you improve your mental game you will reduce your handicap. Some simple Sports Mindset techniques and a slightly different attitude might transform your golfing experience.

Some topic examples:

- Planning your Goals;
- evaluating your performance;
- motivation;
- self-confidence
- concentration and focus
- staying in the moment;
- overcoming barriers;
- overcoming limiting beliefs;
- visualisation and imagery techniques;
- managing negative self-talk;
- relaxation
- pre & post-shot routines
- marginal gains and deliberate practice

## WORKSHOPS

Group workshops for Teams, Charity Fundraisers, women only or all mixed club handicappers.

Workshops are interactive and require audience participation and exploration (rather than a 'chalk-and-talk' format)

Selection of areas covered in Golf Mindset Workshops:

- Who are you on the golf course? A journey into behavioural psychometrics.
- How the Golf brain works - state management on the golf course. How the brain and body work together for peak performance.

- Planning your golf goals for the season. What is the goal? What are the areas you need to work on? How will you go about it?
- practice and training mindset.
- focussing on the 'process'.
- power of positive thought and reframing.
- Using visualisation and mental imagery.
- concentration and focus.
- Managing anxiety and nerves.
- Resilient golf - managing your thoughts, self-talk, managing internal distractions
- pre-shot and post-shot routines.
- Visualisation. Mental imagery.
- Bringing yourself back to 'the now'. Sensory awareness
- using breathing and physiology to improve performance.

## GOLF & CLEAN LANGUAGE

**"OF ALL THE HAZARDS, FEAR IS THE WORST" Sam Snead**

So.....this is bit different.

Have you ever wondered what *'playing golf at your best'* is like?

If you knew, perhaps you could 'access' that quickly and easily when you needed to?

Most problems for experienced golfers are not about 'technique'. They are about thinking strategies, unconscious 'patterns' and *where they place their attention*.

Clean Language is a questioning technique based around a handful of really simple questions. In answering these questions, the client or group builds up a clearer model of what they are expressing. It requires the Coach to pay high quality attention, repeat back the client's words to them (without any of their own inferences) and use the questioning technique.

Quite often *the back-and-forth of question and answer delves into our symbolic and metaphorical world - our 'inner landscape' of where we make sense of 'stuff'*.....structure of our thinking, patterns and truths that run our golf games and our lives.

### BENEFITS

- reveal and gain clarity around your unconscious patterns of thoughts/feelings/behaviours on the golf course.
- 'capture' a metaphor that you can use on-course to regain/maintain/improve your emotional state - in-the-moment.
- break-down and build-up your strategies at a highly detailed level and notice what is, and is not, working - then facilitate changes.
- facilitate change at the deepest level.....changing the language of your unconscious mind.

## **GOLF PSYCHOLOGY ONE-OFF COACHING PACKAGES (or gifts)**

### **Golf Psychology - 'Behavioural Profile'**

**WHAT IT IS:** a deep look into your behaviour and preferences: in general life/at work/under pressure. Then we apply/relate the profile to GOLF!

How much 'risk' do you take, what is your decision making style, how do you respond to failure, how much do you need to be in control of your game, do you play to impress or for internal satisfaction, how systematic are you, how much attention to detail is necessary, do you want perfection and how does that affect your game, what is your level of self control

**WHAT YOU GET:** online and/or questionnaire assessment, analysis and written report. A 2 hour coaching-based discussion that uncovers 'behaviour' and how your behaviour appears in the sport arena. What works for you and what doesn't? What are the behavioural areas of your game that might improve your sport?

**LOCATION:** FACE TO FACE/SKYPE/PHONE

### **Golf psychology - 'fast hit'**

**WHAT IT IS:** Some taught elements and some practical hacks/tools/short-cuts. Common topics include positive thinking, self-talk, visualisation, shot-routines, managing the moment and your emotions.

**WHAT YOU GET:** 30 minute initial phone conversation about your golf. 60 minute face to face session addressing one or two areas of your mental game

**LOCATION:** FACE TO FACE

### **Golf Psychology – 'on course'**

**WHAT IT IS:** 2 hours on-course. You and I play 9 holes. We look at your golf 'patterns' of behaviour, state management, managing emotions, play under pressure, visualisation, pre and post shot routines and many more possible topics!

**WHAT YOU GET:** 2 hours of Golf Psychology 'in-practice'. A number of skills and tools that you can use immediately and some to add to your practice schedule.

*NB.: visitor fees are additional to your coaching cost (your/my/municipal club). Please be mindful that some club professionals would object to me coaching onsite and in this case it is better that we work at a pay-to-play club. My travel expenses are 45p per mile.*

**LOCATION:** FACE TO FACE/ON YOUR (or municipal) COURSE