

The Golf Mental Game

1:1 Reset Programme



Sessions 1–3 | Reset & Rewire

We start by identifying the specific mental patterns affecting your performance and what you'd like to change.

We explore things such as:

- **Overthinking before or during a shot**
- **Fear of making mistakes**
- **Frustration after a bad shot**
- **Getting stuck on previous holes or shots**
- **Pressure to play well or hit the “perfect” shot**
- **Losing confidence after a poor round**
- **Struggling to trust your swing**
- **Difficulty staying present and committing to the shot**

We then look at how the brain responds to stress, pressure and repeated thought patterns, and how neuroplasticity allows us to build new mental habits.

A key part of the programme is reducing your overall mental load — essentially lowering your “stress bucket”. When the brain is overloaded with pressure, worry, frustration and unnecessary thinking, it's harder to access the calm, focused state needed for peak performance.

During the second half of each session, we use trance to reinforce this process, helping you develop new responses to pressure and performance situations.

You'll also receive a personalised recording to listen to regularly between sessions, giving your brain repeated opportunities to reinforce these new patterns.

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Sessions 4–6 | Perform & Flow

As the new patterns begin to develop, we shift the focus towards performing consistently when it matters.

We continue using solution-focused questioning to identify what's already improving, what is working well and what you can build on.

During trance, we'll use performance-based visualisation and mental rehearsal to practise:

See it → Commit → Swing → Accept → Reset.

You'll rehearse staying calm and focused before a shot, committing fully to your decision, trusting your swing, accepting the outcome and moving immediately into the next shot.

We'll also use NLP techniques such as anchoring to create a personalised mental cue for accessing your calm, focused "playing state", helping you return to the zone when pressure or frustration starts to creep in.

Six sessions is based on an average timeframe, but everyone is different, so you may need more or fewer sessions. We'll review your progress throughout the process and tailor the number of sessions to what you need.

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By the end of the 6 sessions

The goal is for your mental game to become less about trying to “think positively” and more about having a reliable process you can return to.

You’ll have developed tools to help you:

- ✓ **Stay calmer under pressure**
- ✓ **Reduce overthinking**
- ✓ **Let go of previous mistakes**
- ✓ **Stay focused on the present moment**
- ✓ **Trust your decisions**
- ✓ **Recover quickly from setbacks**
- ✓ **Separate performance from outcome**
- ✓ **Access a focused, calm confident state**
- ✓ **Build more consistent mental habits**
- ✓ **Enjoy the game more**

Pricing

Introductory Offer £320

includes **6 x 1:1 Online Hypnotherapy Sessions** 55 mins

+ 3 x Audio Reset Recordings to keep for life

- 7 min Quick Golf Reset for Competition
- 20 min Sleep Relaxation for Golf Performance
- 25 min Flow-State Focus for “The Zone”
- Golf Mindset Cheat Sheet

Individual sessions are also available at £60 per session