



# The Competitive Edge

## The Mental Side of Your Performance

The Competitive Edge is an 8 week program catered to athletes who are looking to further their understanding on their golf game – Establish a more defined relationship with how they think through both practice rounds and competitive rounds - And engineer a game that operates on a foundation of control combined with freedom – A Balance fitting to your own personal Mental structure

**Week 1:**

Develop an Understanding of Your Performance From The Past Season

**Week 2:**

Optimize The Filter

**Week 3:**

Build Awareness

**Week4:**

Intention/Attention

**Week 5:**

Know Your Choices & Create Your Pattern

**Week 6:**

Adaptability

**Week 7:**

Believing In Yourself

**Week 8:**

Behavioural Golf Tendencies

**8 Week Program / \$550 + tax**

**Dates To Be Determined**

**Registration Open**



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