

WHAT IS GOLF MINDSET COACHING?

- Flush it on the range but can't find a fairway with a card in your hand?
- Can't sink the winning 3ft putt in a match because of nerves?
- Throwing clubs around? Swearing and yelling?
- Lay up and still make double when the pressure is on?
- Chunk it in the water when you've found the narrow fairway?

Do you hit balls on the range and have lessons on technique but give little or no time to improving your 'mental game'?

Coaching is structured conversation designed to provoke reflection and deep thought in order to achieve progress towards an outcome. Mindset Coaching in sport specifically works towards maintaining positive mental attitude, developing mental toughness and resilience to cope with adversity during sporting competition.

Golf Mindset Coaching will lead you to explore why you get so stressed, nervous and angry on the course. The Coach will work with you to establish new habits and positive rituals for your 'mental game'. You will learn to recognise when self-talk becomes self-abuse. Your Coach will learn your game and help you to improve your ability to cope when things go wrong.



Can you still hit the fairway on 18 when you're one up with one to play? Can you remain positive when you have blobbed three of the opening holes? What about when you can't find your ball for the second time when it should be in the middle of the fairway?

You will be encouraged to think about when you are at: your best, your worst, your laziest, your most effective, your most impressive and your most motivated. Expect your opinions and your comments to be challenged to encourage honesty, remembering that honesty promotes vulnerability and stimulates improvement and development.

Coaches are often regarded as 'critical friends'. A friend will often tell you what you want to hear but a Coach will ask you questions that you need to hear.

**Self-awareness - Mental Toughness -
Resilience - Performance - Success**

SESSIONS

Each session will be bespoke to you and will last 60 minutes. Sessions are conducted on the course or range, or over a full 9 holes, either playing together or I'll walk with you.

I will learn as much about you as possible, exploring 'what makes you tick'. We will discuss your golf goals and aspirations and I will observe you as you play, studying your behaviours and mannerisms, learning what frustrates you, excites you and interests you.

In the same way you work with a golf pro on technique, we will work out strategies, techniques and rituals to support you on the course with mental aspects of your game.



Work with a Sports Mindset Coach in the same way you work with a sports coach or trainer. Have 1:1 sessions, develop your mental strength to improve focus, deal with pressure, nerves and setbacks. Reach your potential whether amateur or professional.

Reflect, improve, achieve.
