

Mind and Body Golf

Objectives

To introduce the concept that golfers can dramatically improve their game, faster than they ever thought possible, without altering their swing.

What delegates will learn?

Delegates will discover that they continually run unconscious patterns that can limit their ability to learn and perform. They will learn that their mind and body are inextricably linked and that to achieve optimum performance both must be in the correct state and working in harmony.

How they will benefit?

Delegates will leave with skills they can immediately implement to improve the way they learn and perform. They will also leave knowing that can dramatically alter their approach to everything they do.

What is the format of the day?

This is a 90 minute uninterrupted interactive presentation. Delegates will be thoroughly entertained as they sit and learn just how easy it is to improve not only their golf game but how they can alter their approach to everything that they do. No golf equipment is required.

What does the course include?

The course content is as follows:

- * How the unconscious patterns we run can limit our ability to achieve
- * Rid yourself of those first tee nerves
- * How tension destroys the golf swing
- * How to clear your mind of those unwanted thoughts instantly

What is the cost?

TBA inc VAT per person (dependent on venue)

What does the cost include?

- * A 90 minute presentation
- * A voucher which can be used to offset the cost of any other course on the 'Learn to Perform' programme.



Learn to Perform