

## Success Steps

### Objectives

*To demonstrate how the techniques learnt from the Stop Thinking and Come to Your Senses seminar can be applied to the 4 Quadrants of Golf*

### What delegates will learn?

*Delegates will learn how to apply various performance techniques to their practice and their game. They will also be able to learn from their mistakes after having played and develop their strengths*

### How they will benefit?

*Delegates will leave knowing how to utilise their time better, practice whenever they wish and improve their results before during and after a game.*

### What is the format of the day?

This interactive workshop focuses on how to implement the skills learnt on the Stop Thinking and Come to Your Senses course to the game of golf. Clients will participate by apply what they have learnt to their needs using actual experiences they have encountered.

### What does the course include?

The course content is as follows:

- \* How to improve by preparing differently
- \* To understand the need for a good pre-shot routine
- \* Accountant and artist
- \* Time out to 'smell the roses'
- \* Upon reflection
- \* Planning the future

### What is the cost?

TBA inc VAT per person

### What does the cost include?

- \* Refreshments throughout the day
- \* 2 Course hot & cold buffet
- \* Course manual
- \* Free follow-up session with David Williams



Learn to Perform