

Mastering the Inner Game of Golf

**'INTO THE ZONE'
Golf Psychology Coaching Program**

**by Robert Bourne
Author and Golf Psychology Trainer**





Why do you need a Golf Psychology Coaching Program?

Many golfers achieve good scores but are let down by their own insecurities, doubts and fears as they move through their round of golf. These feelings together with not understanding the power of their thoughts can break perfectly good scores and sabotage a great golfer's game.

By the end of our Coaching Program you are going to unlock your true golfing potential, becoming the best golfer you can be!

You are going to learn to enter 'The Zone' at will, in a relaxed, calm and focused way on the golf course in all golfing situations.

You will see the ball and target in a new way, developing a new trust in your play, having discovered the secret to creating 'The Edge' in your game.

The Golf Psychology tour proven skills you will learn will be with you for life!



By the end of the Coaching Program You will learn how to Overcome golfing nerves and negative emotions

- You will learn how to overcome first tee nerves and being able to be watched when teeing off without adverse emotional effect**
- You will learn how to overcome nerves when playing certain holes you don't like**
- You will learn how to overcome nerves and fears on certain shots or course obstacles such as bunkers or water hazards**
- You will learn how to overcome fear and nerves about strong wind or certain weather conditions**



By the end of the Coaching Program You will learn how to Remain relaxed and focused on the golf course

- You will learn how to remain relaxed and focused when you are playing well, which means avoiding the trap of messing up through trying too hard**
- The same equally applies to when you are playing badly, by learning to accept what is happening for that round to establish a recovery in your game**
- You will discover how to overcome negative emotions such as anger by learning to accept what is happening through playing 'One Shot at a Time'**
- You will learn how to overcome anxiety and fear before and when playing competitions, medals and tournaments**

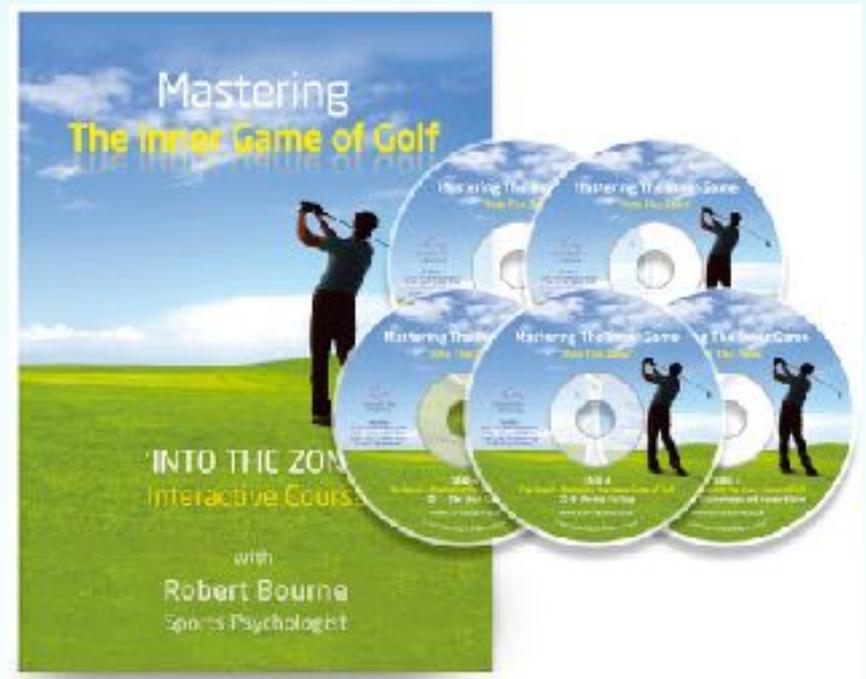


By the end of the Coaching Program You will learn how to Have a strong positive belief in your golfing ability

- This applies to trusting in all of your golf shots and your club selection with a strong positive belief in your putting ability, especially the four foot putt**
- You will learn how to use visualisation to produce the shot you intend with an understanding of how your thoughts create outcomes within your game**
- You will learn how the tour pros 'find the shot and stay in the moment'**
- Most of all you will rediscover the fun and joy of playing golf!**

The Golf Psychology Coaching Program contains two key subject areas

1. How to get 'Into the Zone' to create a clear and focused mind when playing golf
2. How to create '*The Edge*' in the golfer's game



The interactive coaching material we provide you is divided into 3 sections

1. **‘The Theory of Golf Psychology’** This is contained in the book using four proven strategies

2. **‘The Practice’** How to experience entering your Inner-zone to create a clear and focused mind

CD1 – Getting Your Mind to Work for You

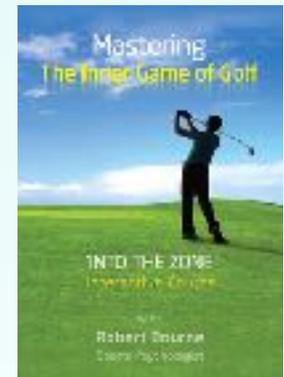
3. **‘The Result’** Creating the *Edge* in your game

CD2 – The Long Game

CD3 – The Short Game

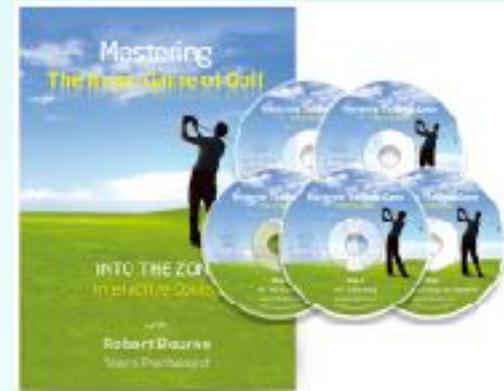
CD4 – Perfect Putting

CD5 – Excel in Competitions & Tournaments



The Golf Psychology Workshop Contains

- 'Mastering the Inner Game of Golf'
The tour proven book and 5 CD set will support the workshop - *no need to take notes*
- Part 1 'How to get into the Zone'
Taught and experienced at the Golf Psychology Workshop
- Part 2 'Creating the Edge in your game'
At the Golf Psychology Workshop you will learn how to work through and use the CD set



Introductory Workshop – Book with 5 CDs



Why you need all three sections of the coaching

Golf Psychology

1. **'Mastering The Inner Game of Golf'** – Book and 5 CD set to support your ongoing golf improvement
2. **CD 1 'How to get into the Zone'**
The foundations required to create the Edge in your game
3. **CDs 2-5 'Creating the Edge in your game'** With these 4 CDs you learn how to create new outcomes in your game

Golfing Equivalent

1. **Equivalent to your set of Golf Clubs.** Without clubs you cannot play golf!
2. **Equivalent to learning your set-up.** Without a solid set-up you have no control over your swing
3. **Equivalent to mastering your swing.** Learning all the different types of golf shots



How you will Benefit by the New Skills Learnt

- Overcome golfing nerves and negative emotions; how to remain relaxed and focused on the course
- Be able to enter *'The Zone'* at will
- Learn the power of acceptance and how to play one shot at a time
- For greater precision in your game understand how your thoughts affect your golf swing
- Dealing with fears on the golf course and how to get the result
- Create consistency in your game to lower your scores
- Create *'The Edge'* in your game to excel in competitions, medals and tournaments
- How you can prevent bad shots as a result of hesitation and indecision
- Develop Trust in your game and in your club selection
- Change self-limiting beliefs
- Discover how to find the shot with natural rhythm and great timing
- Create a positive belief and attitude
- Remove the frustration from the game to recreate the joy of playing golf



What Others Say

“Working with Robert has helped me to improve my own game. It has helped me to become consistent which has enabled me to earn more money out of the game.”

Dan Hendriksen PGA Golf Professional

“After a few days of working with the first CD I learnt how to remain calm on the golf course instead of being angry after a bad shot.”

Philippe

“In a play-off winning the medal came down to one putt. I took a deep breath, became calm, pictured the shot, swung the club and experienced the joy of hearing the ball drop into the cup. Yes, I had won. Thank you, your course made all the difference.”

Tim

“Robert is a consultant golf psychologist at our coaching centre – I know many others who offer this service but his program is the real deal”

Jon Langmead - Former English champion and top Devon PGA professional

Contact Martin Stimson your
PGA Golf Professional
about this unique opportunity

Book your golf psychology coaching
workshop tailored specifically for
Ashburnham Golf Club members

