

# Putting Golf Psychology Into Practice



## Golf Psychology School

Most golfers claim to play golf for fun, friendship, relaxation, exercise and competition. So why does a round of golf sometimes feel like a rollercoaster of emotion, negative self-talk, fear and anxiety?

- Do you get nervous on the first tee or in tournaments like club championships?
- Do you get anxious when hitting over water?
- Do you lack confidence with chipping and putting?
- Do you have least favourite clubs?
- After a good shot, how often have you said or heard...  
"Why can't I do that all the time?"

Read on to see how you can overcome anxiety and tension on the golf course. Learn practical skills that will make playing golf as easy as driving a car.

**Guaranteed to improve your golf or your money back!**

**BEST RATES, BEST SERVICE—GUARANTEED!**

**FOR MORE INFORMATION CONTACT GO GOLFING: Freecall: 1300 55 28 55 or Int' +61 7 5562 5307**

**Email: [info@gogolfing.net.au](mailto:info@gogolfing.net.au) Web: [www.gogolfing.net.au](http://www.gogolfing.net.au)**



## GOLF . . . IT CAN BE AS EASY AS DRIVING A CAR!

Golfers spend countless hours at driving ranges swinging, sweating and swearing. But why do we practice? Sounds like a silly question. Most claim to be building confidence in their swing and technique.

Let's stop for a second. Regardless of how much you practice, do you really feel confident when you step onto the first tee? How many bad shots does it take for your confidence to be eroded? The reality is that even after hours of practice, our confidence can be shattered as soon as the first tee shot flies off into the trees or a hazard. So is your practice really building confidence?

Think about when you learnt to drive a car. We started out crunching the gears and riding the clutch. Remember how hard it was when you were trying to put the driving instructor's advice into practice. Eventually we arrived at a level of proficiency and now we drive intuitively, without having to think about every action. It just happens.

Everything we do intuitively in our lives has been through a learning curve. The first stage is awareness and the final stage being intuition. Between awareness and intuition lies a lot of conscious practice of our actions, where our ability to carry out the task improves. Eventually, you stop 'trying' and you start to 'trust' yourself.

If your 'world' of golf consists solely on practicing your technique, what do you focus on when things go wrong on course? Your technique of course, what else could it be? By limiting your perception of golf to this type of practice, you will continue to play conscious, controlled and fearful golf, instead of intuitively. The self doubt and anxiety that prevents you from playing the game to your potential is your constant companion.

You have demonstrated on countless occasions that your body has the ability to carry out a task intuitively. You can play golf this way too when you learn how to practice effectively. Developing a practical routine incorporating relaxation, concentration and targeting skills for each shot will take your thoughts away from technical analysis and allow you to play the way you know you can! Combined with technical practice, you will find confidence.

When you learn the skills needed to play golf intuitively, the way you play an instrument, dance or drive, then you are really learning how to play golf.

### GO GOLFING – GOLF PSYCHOLOGY SCHOOL

- 4 hours personalised tuition 8:30am - 12:30pm
- Target Oriented Golf DVD valued at \$69\*
- On range video analysis and review
- Assistance with full swing and putting process
- Full use of driving range facilities
- Morning tea and Lunch

\* The Target Oriented Golf DVD is a pre-requisite to the course and will be posted out to you prior to your course for you to review. Golf Psychology School teaches advanced playing techniques and is most suitable for the lower handicapper. This school will be difficult for handicaps over 20 - please contact Go Golfing before booking to discuss."

### Course Bookings NOW Open

Maximum of 2 people. Prices per person:  
 2 persons \$375 each  
 1 person \$400

The itinerary for the day is as follows:

|                    |   |
|--------------------|---|
| 8.30am to 9.30am   | Meet at 8:30 outside the Range Shop at The Colonial Driving Range. Coffee and discussion. |
| 9.30am to 11am     | On the range - full swing process   |
| 11am to 11:15am    | Tea break   |
| 11:15am to 12.30pm | On the range - putting process  |
| 12.30pm            | Sandwich Lunch and Review in the clubhouse  |

### Vidar Thorstensen, European PGA Professional says:

*"Golf is about trust, feel and flow not doubt, tension and control. To play your best you have to trust your game 100%. Working with Col, my golf is now more focused and played in a relaxed manner both physically and mentally"*