



“SHOOT SERIOUSLY LOW” SEMINARS

Introduction

This is a sad statistic – “Not many golfers actually IMPROVE over the course of a golf season.” How many players do you hear complaining about playing over their handicap AGAIN! There are lots of golfers out there playing and not getting full ENJOYMENT and satisfaction from the game. Natural talent alone cannot guarantee success, even the hardest working individuals do not consistently improve.

Why is that?

One or more “Shoot Seriously Low” Seminars in a group setting is a great opportunity for you to have fun and learn performance enhancement techniques so that you are better placed to find out. The informative and interactive sessions will allow YOU to enjoy your game more and give yourself a better opportunity to ACHIEVE your goals. With this in mind you can give yourself a better chance of LOWERING your scores.

A variety of options are available:

- Individual Seminars
- Course of 4 Seminars
- Course of 6 Seminars

Before the first session we can come to an agreement as to whether you, your club or organisation would like short 2-3 hour sessions or longer 6-8 hours sessions. Alternatively a combination of the two can be organised.

Examples of what can be covered include:

- Creating a Supremely Confident Golfer
- Transferring Practise to Competition Play
- Perfectionism or Excellence – Your Choice?
- Achieve Supreme Confidence
- Become a Mentally Tough Competitor



The titles of the seminars above are simply a taster, many more options can be organised and can be tailored to meet your needs.

What groups can benefit from the seminars?

- A group of likeminded friends
- Teams
- Golf Societies
- Organisations*

*With corporate groups it is possible to combine golf performance and business coaching.

Will the seminars be indoors or outdoors?

The seminars can be housed inside where they are predominantly fun and educational. Alternatively, they can be held outside where performance and skills challenges can be set up around your planned event or competition. A combination of both can also be integrated into your plans.

If you have any questions regarding the product or services offered please contact David Charlton, Performance Coach and Sport Psychologist

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