

What is Golf Performance Psychology?

I would like to thank you for expressing an interest in improving your golf. Amateur golfers, professional golfers and golf coaches can be confused about the field of sports psychology and the role it has on golf performance. Golf psychology is a part of sport science. It is an area that focuses on human behaviour in the sporting environment, the influence the environment has on a golfer and the effects of interventions on golf performance.

The goal of a Sports Psychologist is to help golfers to perform at their best by improving the necessary mental skills to excel in golf.

Mental Game Coaching is a portion of Sports Psychology that concentrates specifically on helping golfers break through the mental barriers that are holding them back and keeping them from performing up to their peak potential. By focusing on the mental skills needed to be successful in golf, mental game coaching seeks to achieve the overall goal of golf performance improvement.

I often use the title of "Performance Coach" or "Performance Enhancement Specialist" because I believe golfers can relate better to this title rather than "Sports Psychologist". My experience comes from playing many sports competitively, from coaching, from mentoring and managing people in a business and sporting environment.

The area of psychology can be perceived negatively, because many people that use the services in the field have abnormal traits or disorders. This is far removed from my role as a mental game coach, where I work with normal people who are striving to perform to the maximum in golf.

My goal is to empower golfers to learn how to be more confident, to focus better, to stay composed under pressure, to practice more efficiently and develop effective pre-performance routines.

Could Mental Game Coaching or Golf Psychology benefit you?

Start by asking yourself some key questions.

- Are you performing up to your ability?
- Do you perform as well in competition as you do in practice?
- Can you stay in control of your thought processes?

I'm sure you know many golfers who have been labelled as "great talents", but haven't fulfilled their potential. This is a huge sign that their attitude towards the game may be getting in the way.

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