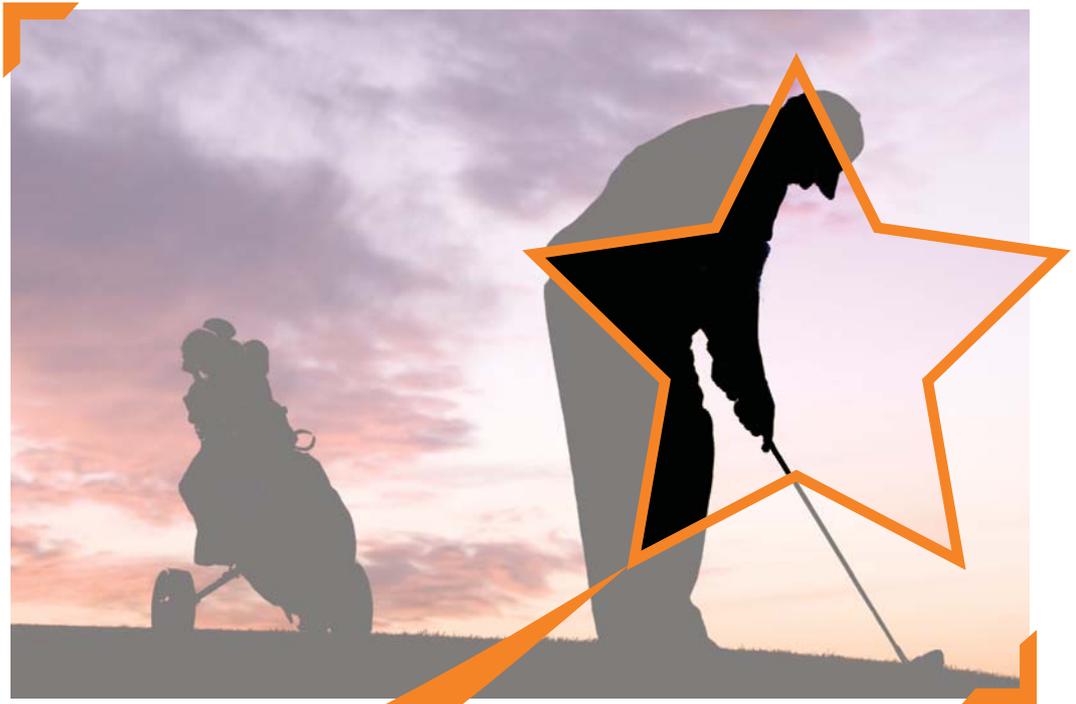


passionate
inspiring
pragmatic
results-driven
different
challenging
extraordinary



THE GOLF MIND PROGRAMME
'develop the power of your mind'

The Golf Mind Programme

A transformational, highly interactive workshop to help you dramatically impact your Business Performance using the power of your mind

Overview

It's acknowledged that developing the mind is vital to achieve your true potential in sport. The ability to manage our thoughts, feelings, attitudes, and confidence levels often makes the difference between success and failure. And though it's the same in organizations, we've done very little to maximise that potential ... until now!

Buddhists believe that the key to profound effectiveness is to be able to still the mind. By quietening the conscious mind, we enable our natural ability to shine. In the sports world, they call this playing 'in the zone'. World-class athletes don't have to think about performing, they have learnt to use their unconscious mind to do their best – subconsciously.

- ☆ **What would it be like if you worked 'in the zone' more often?**
- ☆ **What if you could always achieve more with less?**
- ☆ **Imagine if your team mastered this too**

The Golf Mind programme

We'll show you how to use the power of your unconscious mind to play way beyond your expectations. By hitting balls at the golf range you'll instantly be able to see the impact on your performance. The classroom work will also help you look at you – your attitudes, your belief systems, your behaviours; to enable you to make small yet dramatic changes that will impact your success in golf... and in business and beyond. And, at the end of the day, as the golf ball consistently soars into the distance, you'll immediately be excited by the results.

How it works

Golf Mind is a one-day coaching programme with two sessions at the golf range, supported by classroom work in small groups of up to 12 delegates. It is lead & facilitated by one of our senior coaches. You can join one of our public programmes, or you can run it as a powerful away-day for your team – 'Team Development with a Difference' – exploring Peak Performance together.

No golfing experience is necessary so it's ideal for all – complete beginners to pros. It's one of our most popular programmes – because it's fun, interactive and extremely relevant to individual and organisational performance.

After the day, we encourage you to have individual coaching sessions to ensure that your insights and changes are truly learnt and embedded.

Outcomes you can expect

- ★ Heightened awareness of the link between your mind and your results
- ★ Insights into you – your beliefs and behaviours
- ★ Increased awareness of the performance culture of your team and organisation
- ★ Learned skills, tools and techniques to achieve Peak Performance
- ★ Dramatically improved use of your mind in business, life (and golf!) to achieve success beyond your wildest expectations.

What recent clients said

"This programme is excellent – it's really enjoyable, very relevant to business and a great mix of theory and practical application"

"Fascinating – a very useful look into my performance and the performance of my team. I loved the way it used golf to link into real business life"

For prices, programme dates and more information, contact us on

+44 (0)845 094 5454

or email programmes@thepragmagroup.com

www.thepragmagroup.com