

## **Coaching Package Outline**

### **“Mastering Golf Mental Toughness”**

*Providing highly effective mental toughness training using the same tools and methodology that Earl woods used in coaching Tiger to be one of the most mentally tough competitors in sports.*

### **Mental Toughness Program Outline**

A ten session mental toughness course that creates a solid foundation, skill and ability in golf mental toughness.

#### **Session 1: Developing the Groundwork**

Participants will gain a solid foundation for the future strengthening of their mental game and gain an enhanced understanding of what mental toughness actually is.

#### **Session 2: YOU Get The Say**

Players will uncover the hidden pitfalls that have them stuck in being negative and gain an increased say in the matter of generating high performance and victory.

#### **Session 3: A New Way to Win**

Every player has innate strategies and mindsets for winning that produce a limited level of results. Players will invent an entirely new mindset for winning, allowing for expanded mental toughness and victory.

#### **Session 4: Playing Full Out**

Participants will distinguish their hidden relationships to winning and losing, providing them with the ability to effectively execute their game plan, play full out and perform up to their full potential.

#### **Session 5: Stopping Upsets**

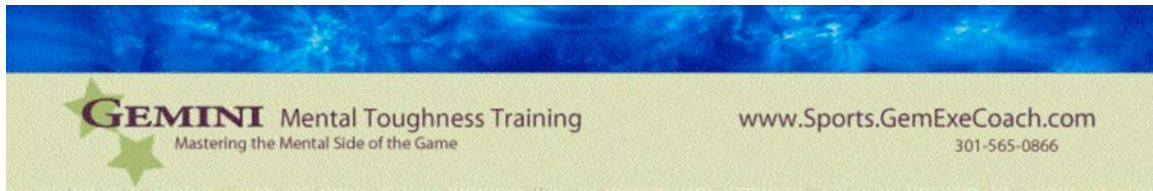
Players will give up being upset while golfing and learn to leave past mistakes in the past, allowing for the ability to start each stroke with a fresh frame of mind and full concentration.

#### **Session 6: Visualization, Intention and Mental Clarity**

Participants will gain the tool of:

-Effectively and consistently visualizing an intended outcome and mental state, causing a greater capacity to powerfully getting their head in the game and be focused at important junctures.

-Becoming ‘clear’ before a competition, hole or stroke, allowing players to release anxiety or stray thoughts, giving them access to maintaining focus for every shot.



### **Session 7: Mental Toughness on Demand**

Each player's mental game is different, so it is natural for athletes to find themselves challenged in different areas. Players cause a quantum leap in performance in an area of the mental aspect of their game that is individual and specific to them.

### **Session 8: Tools**

Participants gain an extremely effective and easy to use set of tools to allow them to take their implementation and effectiveness in using mental toughness to the next level.

### **Session 9: Staying Out of the Mental Rough**

Just like in golf, there are ups and downs in the mental aspect of the game. Participants gain a powerful methodology for turning slumps and rough patches into mental toughness and performance.

### **Session 10: Coming Full Circle**

Participants learn what it is going to take to not only keep being mentally tough, but expand their mental toughness in the future.

### **Includes:**

- Ten sessions of mental toughness coaching- approximately ten hours of coaching time
- Communication costs for the 10 sessions
- Electronic version of coaching materials

Sessions are conducted over the phone every 1 or 2 weeks, at the same time each week.