

## In Just One Day - Learn the Secrets to Coaching Yourself

This one-day workshop is an incredible opportunity to learn unique specialised skills designed to accelerate quickly and easily the learning and improvement of any aspect of your golf game. Are you fed up with slow progress, inconsistency and that constant feeling of frustration? Would you like to accelerate your improvements beyond what you thought possible without spending fortunes on a professional golf coach? Then I will teach you the secrets of how to be your own golf coach so you can quickly notice the improvements in your game and have that sense of mastery and accomplishment before you also notice compliments from your fellow golfers.

Sessions are both theoretical and practical, each one leaving you motivated and curious as to how good you could become.

Ask yourself, what would happen if you had all the skills of the world's top coaches and directed them at your own game and you have the reason to attend this course now?

### **Why you should attend**

- If you wish to make rapid progress using your own skills to make changes.
- You have not enjoyed or improved using traditional methods
- If you trust yourself more than others
- Your swing is too important to leave to others
- Your experiences of previous lessons have not been good
- If you find information from coaches or friends confusing and doubt their correctness
- If you think others don't care enough about your own swing
- If you do not have time to visit a coaching location, fitting into other peoples diaries
- If you want to do it on your own, enjoying total control.

### **What will you learn and discover by attending**

- How my ten-step programme brings success no matter what you have chosen to improve;
- How to accelerate and improve by discovering your preferred learning method;
- Ten essentials techniques to use for every improvement that guarantee success;
- How knowing the 3 absolute imperatives of a golf swing will keep you focused;
- The secrets of how the 3 essentials improve the consistency of any movement;
- Learn 25 specific drills that will improve your 3 imperatives and 3 essentials;
- How to use dissociation and association to learn any new movement successfully;
- How to programme yourself for success;
- How to drive up your motivation required to succeed;
- How to feedback information from your previous swing to accelerate improvements;

- How to devise your own structured programme for improvement;
- How to choose what to improve next;
- What books to research, allowing you to discover the true secrets of successful golf.

### **What will happen after you have attended this training?**

You will now have all the tools you will ever need to make any improvement. You will also know that there is nothing that you can't achieve and it is only a matter of how, when and what resources are required. There will always be room for a coach in any partnership even though you will have all the necessary skills and knowledge to make the decisions of what you want to achieve and how you are going to achieve it yourself. Many discover they want to know more and move on to helping others with their golf swings.