



## Maximum Performance for lower scores (2 Days)

(Available in the UK and Spain)

### **Why attend maximum performance?**

Do you want to play 18 holes and know you played the best golf you possibly could. Would you like to feel relaxed and at ease as you perform no matter what the circumstances? Have your playing partners remark at the consistency of your scoring. Hit far more good shots far more consistently. See clearly each and every shot before you play it. If you want to do all of this and more but without changing your swing then you need to enrol into Maximum Performance now.

### **What will I learn when I attend maximum performance?**

- How and when to use short- term muscle memory.
- How to use all your senses to create vivid imagery
- Use the laws of “toward” to your benefit
- Move away from negative thoughts.
- Remove negativity to bogey holes
- Remove negativity from bogey clubs
- Mantras for performance
- How to use the Circle of Excellence
- How to feel energised after every shot
- How to enjoy every shot no matter where it goes
- The performance equation;  $\text{Performance} = \text{Talent} + \text{Skills} - \text{Interference}$
- How to increase target awareness
- How to give yourself a chance of holing every putt
- How to feel energised for performance
- How to keep the energy levels high
- How breathing can help performance
- How to use self hypnosis to improve all performance
- Importance of preparation
- How to prepare when you have no time
- How to model peak performance
- And much much more

### **What will happen during the course?**

Everyone will be individually filmed during all of the exercises and their performance measured from start to finish. Most of the course will be carried out on the range with some work the study room. The two-days will culminate in a round of golf so you can utilise the lessons learned and enjoy peak performance in action.

## **What happens after I attend Maximise Performance?**

The way in which you play golf will change forever. On completing a round of golf you will feel energised and satisfied with your performance. You will find consistency in your game and your enjoyment of the game. Your scores will come tumbling down like a waterfall. After attending Maximum Performance you will view the game from a new exciting perspective that will bring clarity to your reasons for playing. You may decide you never need take another golf improvement lesson. If you have spent a lot of time and money on lessons that have made little if any difference to your shot making, enrol onto Maximise Performance now and discover the true pleasures of playing golf.