



Sue Wieger
 Golf Academy
 A Learning & Performance Institute

“Feel Good Golf”
 by
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- is a program that will-
 - correlate the mind and body connection.
 - change your attitude and create a shift in your belief system.
- will:
 - create a dynamic golf game.☺
 - enhance your golfing experience not only with mental capabilities but with physical skills as well.
- will:
 - give you human potential enhancement strategies to utilize in every day life to lead a more fulfilling life.

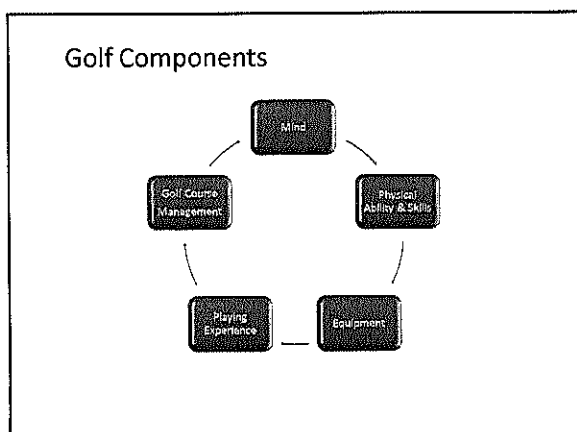
Student Profile

- Name: _____
- Learning Modality: _____
- Brain Dominance: _____
- Eye Dominance: _____



“Golf is like Life”
“Life is like Golf”

Golf is complicated like that of Life. Golf has many components involved. To be successful we must balance the components



YOUR GOLF GAME

- Golf is made up of many components
- Golf is Full swing
- Golf is Putting
- Golf is Fairway shots
- Golf is Bunker shots
- Golf is shots from up hill, downhill, side hill etc.
- Golf is variety of different terrains, weather conditions, different types of grasses etc....

Physical Skills & Golf Skills

- Swing Speed
 - Flexibility
 - Strength
- Driving ability
 - Iron Play
- Putting skills

Equipment

- Length of club
- Weight of clubs
- Loft of clubs
- Set makeup
- Equipment type: graphite vs. steel
- Wedges system vs. Hybrids vs. irons.etc

Playing experience & Course management

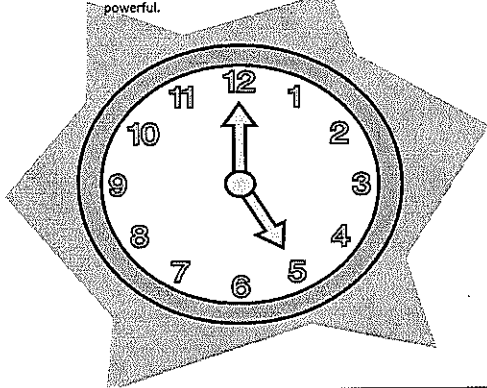
- Never played ??
- Beginner
- 9 holes vs. 18 Holes
- Weekend Golfer (# of Rds. of Golf)
- Serious Amateur
- Professional

THE MIND

How does the Brain work

- Your mind is extremely powerful... With your mind you create your world.. with your mind you turn the invisible to the visible.
- With your mind you can transform the illogical into the logical.
- You can create great things with your mind. This starts with your imagination. Your imagination opens up your mind to an experience of learning that will hasten the road to mastery.

Your Thoughts are Things & Your Brain is a very powerful.



A Meeting of the Minds

- Conscious Mind vs. Sub Conscious Mind
- Traditional talk therapy is conscious mind therapy
- Awareness and having your client understand why he/she has a habit and why that habit is getting the way of the perfect swing is only the beginning.
- Changing the unwanted habit or transform your game can only happen effectively if we RE WIRE the Brain through our subconscious.

ReWire the Brain

- Subconscious Zone is called the Alpha State
- Relaxation Response is the alpha state of being and is the opposite of flight or fight response. The relaxation response has shown to decrease the blood pressure by slowing brain waves as well as decreasing stress
- The alpha state is where our brains cycle at a rate of 8-14 times per second.
- Which is slower than normal daily functioning.
- During alpha state we experience state of wellbeing as well as feeling calm and peaceful
- During alpha state our body cortisol levels (stress hormones) drop as the serotonin levels rise
- For example some people report having their best ideas in shower or walking or driving a car. When you are at ease you are more receptive to ideas that would otherwise be skipped over in your thoughts.

•Change Your Game by Changing your Brain

- “ ” comes from within
- Thoughts & Emotions, & Beliefs
- Your thoughts control your actions and reactions on the golf course
- Thoughts, emotions and beliefs run your golf game more than your mechanics
- Most golfers state “golf is at least 80% mental but why is it they practice mechanically not mentally??

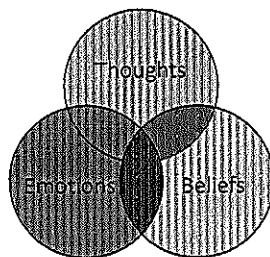
Relationship Between Your Golf Game & Your Mind

- Your Golf Games comes from :
 - Inner Thoughts
 - Inner Programming & Conditioning
 - Your Experiences
 - Your Education
 - Your Feelings

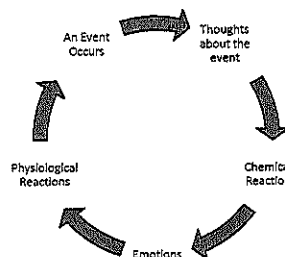
Mind Body Connection

- Researchers have asked golfers around the world the question: “What part of the game is mental”
 - Statistics report 90% mental so why is everyone practicing the physical????
- Traditional training and old school creates you getting stuck with no change in your game or how you feel about your game
 - Going to range and hitting balls ☹
- Must create shift in thinking for your improvement program first you must become aware of thoughts.
- You can create a shift or that enhance a change in your golf game and in your life

Your Golf Game consists of...



Thoughts are the CORE of our Behavior



Your Thoughts

- All things are created twice, we create them in our mind first and then we work to bring them to physical existence."Stephen Covey
- We don't get what we want we get what we expect.
- No Expectations are expectations of "No"
- What you focus on EXPANDS

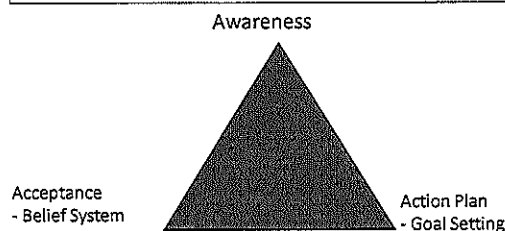
Emotion and The Brain

- Emotions can be positive or negative
- Positive emotions are processed mainly in the left hemisphere (controls right side of the body) and processes happy emotions
- Negative emotions processed mainly in right hemisphere (controls the left side of the body) and processes negative emotions
- We can be both happy and sad at same time
- Right side = happiness, joy
- Left side = anger, sadness

Emotions

- Physiological arousal and changes in facial gestures posture and subjective feelings
- Emotion comes from Latin meaning "to move"
 - We were moved by a play a act of kindness.etc..
 - We are moved by fear anger or joy..
 - Emotions are linked to adaptive behaviors such as fleeing, attacking ,seeking, or helping others
 - Emotions aid survival mode it's a coping mechanism for the body
 - Adrenalin is released in the body during emotional states causing changes in heart rate blood pressure and perspiration

The Golfer's Triad of Success



Success to Dynamic Golf Experience

- The key to living a dynamic life or playing dynamic golf is to reverse the conditioning, create the awareness level, be mindful, build belief and move forward.
- Don't be afraid of change.
- .
- Change creates the energy flow. Without the energy flow we get stuck, feel depressed get bored , get sick etc....

Mental Assessments & Awareness

- How do you learn best?

Right Brain or Left Brain Thinker

Visual, Auditory or Kinesthetic

Dominant eye test

Lets find out.. ☺

Awareness

- Reflect & Being Mindful
- Paying attention
 - To The “What” versus the How:
 - Inner Dialogue & Behaviors
 - Self Talk
 - What do you tell yourself “
 - What are you saying to yourself before the round before the shot after the round
 - When your mind is cluttered , it can not focus on the goal target) MUST BE CLEAR...
- Exercise: What is your Internal scorecard
- Hit 10 balls with 7 iron .
- Document your thoughts before each shot and after each shot Rank each shot from 1-5
- REFLECT.....



The “WHAT” vs. The “HOW”

- The What is the target or your intension or your outcome
- The HOW is the details. Don't worry about the details
 - The mechanics of the golf swing is the HOW
 - The focus on the target is the WHAT.
 - You don't think about the mechanics of driving a car you just do it ... You focus on the road in where you are going. We want to play golf that way also

Internal Scorecard

		1	2	3	4	5	6	7	8	9	10
Rank Shots	1-10										
Mechanical	Y/N										
Self Talk	+/-										

Self Talk or Inner Dialogue (Critic)

- “I can't believe you blew that shot”
- “You couldn't hit the green with a sledgehammer”
- “That was the easiest putt in the whole world and you screwed it up”
- **Your inner critic speaks with such authority as if was the final word on your status as a person or golfer**
- **Your inner critic goes right to the jugular kicks you when you are down**

Inner Critic- Identify and Neutralize

- Stop Resisting it..“What we resist,, persists”
- What we focus on EXPANDS..good bad or neutral
- Kindness and give it a big hug
- Turn a deaf ear to it imagine when it speaks you are watching a foreign film and you simply read the subtitles
- Read it , give it a nod and let it go Its not real.. Give it Zero energy
- “You cannot restore someone to their Connection with Source by belittling them or by punishing then or by being disgusted with them. It is only through love that you can return anyone to love.” Abraham Hicks

Self talk

- Think of **every word** you say
- Think of **HOW** you say it
- Think of **WHAT you REALLY MEAN**
- Think of the **tone of voice**
- Think of your **intensity**
- Think of **HOW rapidly or slow you speak**
- Think of your level of **PRESENCE and AWARENESS**

Internal Scorecard

- Self talk is your belief system talking to you internally
- Are you listening??????
 - Is it positive or negative
 - Are you sabotaging yourself
- What are you saying to yourself over and over again
- Change the channel... You have control... Use mantra, positive affirmations
- Strategies examples...
 - Whistle on the golf course to deter negative thoughts on the golf course
 - Singing your favorite song before a shot will clear your mind
 - Smile at the golf ball before swinging

Internal Scorecard vs. Statistics

		1	2	3	4	5	6	7	8	9
Fairways Hit	y/n									
Greens # Putts	y/n									
Ranking shots	1-10									
Self talk	+/-									

ACCEPTANCE

- **ACCEPTANCE- Belief system**
 - Do you like the way you treat yourself on the golf course or in life
 - Are you actually listening to the things you say to yourself before a shot or before a big work presentation, interview etc...?
 - If you don't like it then what do you want.
 - **Definition of Insanity is doing the same thing over and over again and expecting different results**
 - Must make a shift in thought and behavior

Belief System

- "What We BelieveWe Become"
- What is your belief system about your golf game.
- What is your inner dialogue?
- What type of self talk/ conversations do you have before during and after the rounds of golf
- Your Belief system is either we believe or we don't
 - We don't really want we think we want or we really don't believe we can have it..

How to do I get what I want

- What Do I want
- Emotionalize it/Act of if...
- Surrender /Allow/Trust
- Stay Focused on Desire or your Wanting

Your Belief System

- What are your limiting beliefs?
- What are your beliefs about each part of your game
 - 1.
 - 2.
 - 3.
 - 4.

Belief System

- You have hit that perfect golf shot, why cant you re produce it??
- "What we think, speak, and act becomes the foundation of our future." Pia Nilson
- Our culture, our sport and or families have embedded a belief system in us that influences what we think is possible. These beliefs greatly influence our attitudes awareness and self esteem.

Belief System

- Imagine the possibility of birdie on every hole
- What does good golf look like to "YOU"
- What is your TRUTH.
- Step into your truth feel it act as if you are already standing in it. Attach emotion to it
- What does Great Golf look like to you?
 - Where are you.... what are you doing?
 - What does it feel like,what do you see?

New Belief System

- New Beliefs
- " I am the golfer I choose to be"
 - Everyday in everyday, my golf game is getting better.
 - I am my personal best and I am proud of myself.
 - I trust my instincts to make the right decision
 - I have the balance of the strength and control when I am putting.
 - No matter what I enjoy myself every time I play.
- " I AM A GREAT PUTTER" ☺

New Internal Scorecard

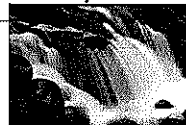
	1	2	3	4	5	6	7	8	9	10
Ranking	1-10									
Shots										
Self talk	+/-									
Comments										

ACTION PLAN



- ACTION PLAN TOWARDS ALIGNMENT
- What steps or strategies are you taking to change your behavior or your Self Talk.
- How do you anchor your behaviors?
- What rewards are you giving yourself to feel good about yourself on the golf course or in life?
- What is your motivation for the change or shift?
- What is your action plan
 - Pre Shot Routine
 - Positive Affirmations
 - Post Shot Routine

Mind Body Connection



- Life is like a river flowing.. the river flows in one direction.. Are you flowing with it, changing as the current flows or are you struggling and trying to paddle upstream all the time. Paddling upstream causes you to struggle and eventually fatigue sets in .. you will give in and settle as to where the river dumps you off. Instead flow with the river and create shifts in your thinking so you can change with life as it comes or with shots as they come on the golf course. You can have a plan but we all know life happens and plans change . So we must adjust as things, events, situations change. Adjusting is called coping skills... That's OK it how you react to those changes in your life and on the golf course that causes you to find yourself stuck not enhancing your life or your golf game