

be world class

A Winning Mind

How to win in Golf & Business

“I know that I can play the shot, but there are times when my mind just gets in the way”.

“I can do it in practice, but I can’t always take it out onto the course with me”.

“If I make a mistake on one hole, I find it really tough to just let it go. Normally it ends up costing me the next hole as well”.

Normally it is not our skills that let us down on the course, it’s our mind. How often does your mind interfere with your game, rather than enhancing it? In sport, it isn’t always the most skillful player that wins, it is the player who can realise their skills on the day.

Of course, our mindset doesn’t just dictate our success on the golf course. We take our mental game into our business too.

“I know my team are capable, but they don’t always deliver their potential”.

“Sales is 90% confidence, so when confidence is low, sales are low”.

“I need to find a way to motivate everyone when the going gets tough. I need to get more from myself and the team”.

In Golf and in Business, performance normally hinges on 3 Key elements.

 **Confidence**

 **Motivation**

 **Focus**

When we have these, we will perform. The same is true of our team.

Olympic Sport Psychologist & Performance Coach, Simon Hartley, will show you how to control and master your mental game.

“I will teach you how to Control Confidence, Master Motivation and Hone Focus. These 3 skills are essential to delivering your best performances consistently”.

“We will learn on the driving range, the course and the putting green, and then apply it all back to business. The strategies that will help you sink a putt, will also help close a sale. You will learn how to apply the skills to your golf game, and also to the performance of your business and your teams. The strategies are exactly the same as I use with professional sportsmen and Olympians. They are equally successful in the boardroom as they are on the field of play”

Simon Hartley

simon@be-world-class.com | 0560 1987261 | 07867 500499