

## Comfort Zones

TECHNIQUE  
MANAGEMENT  
MENTAL  
PHYSIOLOGY  
EXCELLENCE  
FUN

### What is a comfort zone?

It denotes an environment where someone is **comfortable without feeling any sense of risk**. Denis Pugh, one of the leading Tour coaches over the last two decades, once said that a comfort zone is like two islands. At the moment you are on an island whereby you are comfortable and familiar with everything, but within view you see another island whereby everything you dream of is on that island, but in between these two islands are shark infested waters! So it begs the question, do you stay comfortable but without achieving everything you desire, or do you 'risk' the swim?

*"Your career will be a culmination of the hundreds of small decisions you make every day. Make the decisions that lay the foundation for success—do not take the decisions that are 'easy' or 'comfortable' in the short term"*

In an interview we conducted recently with Oliver Wilson, he cites the ability to **strive going forward and avoid comfort zones** as a **critical success factor**. After finishing US College, Oli went to Tour School, but failed to get his card and started his career on the Challenge Tour. As he had been playing in America for the previous four years, he did not know too many other players and for the first half of the season was totally focused on doing what he needed to give himself maximum opportunity to play his best. But of course, he started to make new friends as the season progressed, started to share hotel rooms and then started to become embroiled in a 'group mentality'. His pre round and post round routines started to very slightly change in order to adapt to the wishes of others (e.g. lets meet at a restaurant at 8pm for food, rather than previously Oli's routine was to eat early and then just relax and unwind in front of the hotel TV in order to be fresh the next morning). Oli recognized this after a while and reverted to his previous routine. Sometimes fellow players didn't approve, but as Oli says, 'You're not on Tour to be on holiday'. Oli ended up getting the last card from the OOM at the end of the year, and cites this as critical as he says it could have been very easy to 'get in a comfort zone' on that Tour, and says he knew then it would be very difficult to ever get off it.

### What comfort zones are you in?

Signs you are in a comfort zone;

- you make compromises in order to fit in with the 'crowd'
- You take the 'easy' or 'routine' choices as opposed to being objective and making the decisions that help you in the long term
- Fear of the 'unknown', or 'something new' or 'different', strongly affects your decision making

In last month's newsletter we talked about 'Player Individuality'. We said that every player should be on a **lifelong mission to develop their 'success keys'** - finding the things that work for them—albeit with the swing, thinking, preparation, practice etc etc. Look back and review what your swing keys, thinking keys etc were when you were playing your best. Review what your approach was when you went through a poor period of play. **Learn from this experience to help you build a better future**. Now look back and think what comfort zones have you been in over the past year? Where and when did you take an easy decision as opposed to the decision that will help you in the long term? What comfort zone 'patterns' are you in?

Highly successful people regularly **step outside their comfort zones, in order to accomplish their dreams**. Please understand, that if you aspire for a career and life where excellence and achievement is in abundance, you must **never let 'comfort zones' play a role in your decision making**. Embrace the opportunity for change in order to learn and develop, whilst at the same time learning more about you and your golf game so you retain the things that work for you.

Interested in learning more about our Programmes from Tour Support to Distance Learning programme? Our coaching focuses on **elite performance**, discovering the keys that will help **you** play better. Send us an email today and we will email you back our 15 page GMAP (Golfers' Mental Aptitude Questionnaire), and once you have completed this you will get free of charge an assessment of the key coaching areas that will help you play your best.



# Elite workbooks for elite players

Most of the books on the golfing market are aimed at the mass market, i.e. the weekend golfer. There is very little out there aimed at tour players and elite amateurs. Our workbooks look to provide an educational and practical framework to apply cutting edge strategies and techniques to allow players to perform to their potential. These workbooks are on sale now (Purposeful Practise release date 15th December) and will be delivered within 28 days of ordering. Please send us an email today to reserve your copy or copies. All the workbooks come with a full no quibble money back guarantee. All prices **exclude** postage and taxes.



## **Creating your inner vision—turning your dreams into reality**

This workbook takes you through the step by step process of turning your dreams into manageable goals. Greg Norman says, “In order to be successful you have to develop your inner vision”. He adds, “If you have no vision for the future, you are destined to fail in the long run”. This workbook identifies the critical success factors to achieving your goals and is an essential first building block for every serious player. Cost 75 Euros to include 90 page workbook together with mental training CD



## **Born to Win – your golfing self image and how it affects every shot you play**

This book provides an understanding in how your golfing self image was formed, and how you can develop it to provide the foundation for the golfing success to which you aspire.

Very little has been written in the golf psychology world about the development of your golfing self image, even though it's widely regarded as one of factors that influence performance most. This workbook is extremely powerful and comes together with a mental training CD to develop your golfing self image. Cost 75 Euros to include 90 page workbook together with mental training CD



## **Purposeful Practise - the keys to building a tournament tough game**

This workbook outlines key training concepts, and gives many ideas to make your practice stimulating and competitive. The problem is, there are many players who 'hope' to play better. Their 'vehicle' for success is this 'hope'. This workbook (120 pages) will take you through the process of developing your own structured training program in order to achieve your own specific training objectives. It also comes with a detailed excel statistical analysis software program that allows you to analyze both your practice and tournament statistics. Cost 125 Euros.

## Only 1 place left on our Winter Elite Programme Jan to April

Winter is a great time to build your game to make the 2009 season the **best year of your golfing life.**

We are based at the 5 star prestigious Royal Pines Resort located on the Gold Coast in Southern Queensland.



**“The best training grounds for the pro game for young players in their late teens are the sports institutes of Australia” HANK HANEY**

Students can choose how long they come, from a minimum of a month to the whole programme of four months. Some tournament opportunities are available. We are flexible and adapt our programme to suit the needs and wishes of our players—tell us what your perfect programme involves, and we will look to work together with you to this agenda.

Interested in learning more? More details, including a downloadable brochure, are available from our website [www.elitecoaching.com](http://www.elitecoaching.com)

