

New Year, New Hopes.....

This is a time of year when many people think about what they want to achieve in the New Year, 2009. If we could fast forward time exactly one year, what would you of liked to achieve golfing wise in 2009? Just take a moment to reflect where you would like to be, and what results you would have been satisfied with in 2009. Now if we rewind time to this time last year, what would you of liked to achieve in 2008 and didn't? And what were the reasons for not achieving them?

Once you've decided on where you want to go with your golf in 2009, how do you intend to get there? What needs to change in order to propel yourself to achieving these goals?

It's important to understand that in setting your goals, you have to balance it with how hard you are prepared to work to achieve the goal. When you develop your goals, it's easy to fantasize and say that you want to win all the major tournaments that you play in, but how much are you prepared to commit to your goal and what are you prepared to sacrifice? What are the **consequences** of achieving your goal? What obstacles are in your way and **how do you intend on overcoming these obstacles?**

It's important that you look not just at what you want to achieve, but also take time to reflect on the skills you need to develop and cultivate in order to achieve your goals.

These are often referred to as 'process goals'.

Here are some examples of process goals;

- More commitment
- Better Planning/Review
- More open communication with coach
- Structured mental training plan
- Better quality practise
- Putting average 29.9 or better
- 50 putt drill every practise session
- Better distance control with irons
- Better composure in tournaments
- Develop my confidence in practise etc etc

I know a lot of European based golfers feel that the winter is a time whereby they can only really train in the gym. I disagree completely. This is a time you can use for review, analysis and planning. Look at what you're doing that is working, and look at what you are doing that can be improved. After all, a famous and very true saying is 'If you fail to plan, you plan to fail'.

For change to occur, it first has to happen on the inside. People gain 'comfort' in their existing habits. And these habits create a 'mould', and this mould **casts everything inside their golfing world.** In last months newsletter we discussed comfort zones and also included some audio of a recent interview with Ryder Cup player Oli Wilson discussing his experience and thoughts on comfort zones. What comfort zones prevented you in 2008 from achieving your dreams and desires?

Starting the process of change is the hardest part. Getting the boulder, the big rock, moving is probably the most difficult part. Do not load yourself with lots of demands and expectations for 2009. Instead, ideally with your coach, look to make a realistic plan of where you want to go in 2009, and make a realistic assessment of where you are now. Really focus on assessing the skills you need, and look to forge a strategy in order to achieve these skills, and then the results to some extent will take care of themselves.

Become the **architect of your own success** for 2009, and remember a quote we often use at our Academy— 'If nothing changes, nothing changes'. Keep on doing the same thing, keep on expecting the same results. Let 2009 be the year you move out of your comfort zone and develop habits that will shape your career.

Would you like help structuring your vision for 2009? Our 'Creating Your Inner Vision' workbook (90 pages) takes players step by step through the process of turning their vision into reality. Available now, at a cost of 75 euros (including a mental training CD), it is the ideal way to kick start 2009 with more than just a dream.

TECHNIQUE
MANAGEMENT
MENTAL
PHYSIOLOGY
EXCELLENCE
FUN



Distance Learning Program—Mental training by internet

Make 2009 the year you don't hope or wish for better results, but the year you take **action** to develop a long term plan to develop your game.

In society today everyone wants immediate results— people buy fast food because its convenient and immediate (regardless of the nutrition deficiency), people use pills for miracle slimming cures etc etc. People want everything *immediately*. It's often the same in golf— David Leadbetter once said to me that often he gets mini tour players who think one or two lessons with him and suddenly they will be on the PGA Tour. He said himself that he has no 'magic pills', and that is coming from perhaps the best coach of the modern era. But there is a *magic pill* in the business of golf improvement (I'll call Lead tonight and tell him he was wrong...!!). Do you want to know what it is? The magic pill is developing a **long term development plan for your game and then implementing it**. It's as simple as that.

When I ask, at group meetings or seminars of Pro's or elite amateurs, what percentage of the game is technical or mental, almost always the students say the mental game is a minimum of 50%. Some even go as high as 90%. When I then ask how much of their practice time do they devote to their mental game most say nothing. That does not make sense!

Are you serious about improving or do you want to pretend to the people around you that you look like you are doing all the necessary to improve? In many cases I see this as a critical question an ambitious player has to ask themselves. Because if you are not truly serious, long term **sustained success** is not possible.

Our online mental training program delivered through internet, allows students to develop a long term plan for success, and be coached on the skills that they need to develop.

How does it work?

STEP ONE Send us an email, and we will email you our GMAP questionnaire

STEP TWO Based on the GMAP, we will send you an outline of the key mental game coaching areas relevant to your game

STEP THREE Start the delivery of your mental training, through 1:1 sessions (50 mins per session) by appointment by internet telephone

Cost of this program?

GMAP initial assessment—free of charge without obligation. Then 10 session commitment, at special price of 995 euro's. In between our 1:1 talking sessions I will give you 'assignments' or 'homework' to do before our next session. As a coach I'm just a 'leader' - to help you discover the best golfer that you can be—but I will lead you through our talking and **your action** in doing these assignments through a journey of self discovery that will enhance your understanding of you as a golfer.

View it as an investment in your game. It never ceases to amaze me how golfers never mind to pay this amount of money for a new set of clubs, but then hesitate at investing in their mental game. I'll give you a cast iron money back guarantee for your 995 euro's—*this will improve your game more than a new set of clubs!*

Client confidentiality is 100% assured, and we never quote the names of our mental training clients, unless the client expressly gives permission. Start 2009 the right way, send us an email today!

Great golf websites to follow

A great new website to join up to is;

www.jointhegolfers.com

It's a kind of 'Facebook' for golfers, and provides an online golfing community. Jointly run by Danish National Coach Anders Dahl Christiansen, this promises to be a great way you can interact and keep track of your 'golf mates'. Anders will ensure a continuing supply of articles on elite golf by experts in their respective fields in order to add an educational component to the website. Look it up and join today!

Another website we recommend is **www.peaksports.com**. This website is hosted by Dr Patrick Cohn, who is a mental coach on the PGA Tour. The site has a resource centre with many different articles, podcasts, player interviews that you can download.

Dr Cohn has coached many winners on the PGA Tour, and is widely respected in the field of Sport Psychology and Elite Performance. His insights and articles provoke thought and I'd recommend every player to sign up to his monthly newsletter.

Another site that has some interesting articles aimed at elite players is **www.golfmed.net**. This is the homepage for Golf Physiotherapist Ramsay McMaster and uploaded onto his site are different articles relevant to all elite players. Also sign up for the eNewsletter from **www.xfactorgolf.com.au**—hosted by our resident physiotherapist Josh Meyer.

Are there any great golf websites you'd recommend? Send us an email so we can look to recommend them to our readers!