Improve Your Game from the Inside Out

Improve Your Game from the Inside Out is a unique Golf Coaching Program that helps avid or occasional and even committed golfers improve performance without doubt, apprehension or fear so they can play better golf.

Phase 1

Awareness

1. Define Your Game

Develop your WHY WHAT and HOW to improve. Where you are now and where do you want to go?

2. Your Internal Game

Become aware of who you are on the course,and how you learn best without confusion.

3. The Personal Game Plan

Create a personal game plan for success with realistic goals and a practice plan to achieve them.

Phase 2

Action

4. Mental Skills

Learn the mental skills it takes to be a better player.There are eight specific traits all great players have.

5. Thoughts Actions Outcomes Results

Learn how to plan, prepare, and produce shots on the course without apprehension.

6. Emotional Game

Learn to control your thoughts and emotions on the course without frustration.

Phase 3

Implementation

7. Course Management

Create a play plan so you can score better on the course. The eighteen greens system will help you do this.

8. On Course Performance

Enjoy your game more and learn to improve performance on the course without disappointment.

9. Evaluate Your Game

Learn to evaluate your game; adapt, adjust, and have better on course performance.