

Improve Your Game from the Inside Out

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

Phase 1

Awareness



1. Define Your Game

Learn your WHY WHAT and HOW of game improvement.



2. Your Internal Game

Become aware of who they are on the course, how they learn, and what it takes to play better golf.



3. The Personal Game Plan

Create a personal game plan for success.

Phase 2

Action



4. Mental Skills

Know the skills it takes to be a better player.



5. Thoughts Actions Outcomes Results

Learn how to plan, prepare, and produce shots on the course.



6. Emotional Game

Learn to control your thoughts and emotions on the course.

Phase 3

Implementation



7. Course Management

Create a play plan so you can score better on the course.



8. On Course Performance

Enjoy your game more and learn to improve performance on the course.



9. Evaluate Your Game

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



If you want to get crystal clear on the EXACT STEPS you should be following right now to achieve your confidence goals, then [*CLICK HERE*](#) to book a free Improve Your Game from the Inside Out strategy call.