



GOLF PSYCHOLOGY WORKSHOP

Presented by
PGA European Tour Golf Psychologist
Dr. John Pates

Ph.D, Mphil, BA, PDip ASC, PGCE, EHyp.NLP. Chartered Sport Psychologist

Improve your putting, swing and short game skills

Learn the mental secrets of the worlds greatest players

This programme is supported by the British Psychological Society. It is taught in the English Language.

The Programme will take place at Lipperswil

on the (see dates on page 4)

Contact email: sgpl@sgpl.ch



Dr. John Pates

Dr John Pates is one of the most qualified sport psychologist in the world of golf. He has worked full time on the European PGA tour for over 8 years. His list of clients include, 3 Major Winners, 7 Ryder cup players, and 17 tour winners. His impressive list of clients include; Ian Woosnam, Thomas Bjorn, Darren Clarke, Paul Broadhurst, Graeme Mcdowell, Philip Price and Jean Van de Velde. He is also the mental coach to Ken Benz and Dunhill links Champion and Dubai Desert Classic winner Stephen Gallacher and over 17 other PGA tour winners. Taken together, John has worked has coached golfers to win European, World and Ryder cup events.

Introduction

This programme will teach delegates the mental skills of the greatest golfers in the world.

On the PGA tour the most successful golfers are those who use the knowledge of specialist sport psychologists. Tiger Woods, for example, used a psychologist from the age of 12 and is regarded the greatest player of the game. Players like Woods and Jack Nicklaus use mental skills to help them swing better, cope with pressure, make better decisions and maintain a performance state that enables them to perform at their peak.

This training programme will give you the tools to improve you game. The approaches and intervention strategies taught are supported by both empirical and anecdotal evidence. They are based on 30 years of research in positive psychology and sport psychology and they are strategies used by Psychologists on the tour.

Course Objectives

Learn the secrets of the world's greatest players

Learn how to get into the zone

Develop your Mental Toughness

Use Psychological Intervention Strategies to:

- Improve confidence
- Improve concentration
- Overcome fears
- Control emotions
- Cure the Yips



Event Schedule for Golfing Mind Advanced

0900 Registration and Coffee
Housekeeping rules
Introduction to event coaches

0930 Introduction of the Golf Psychology programme

The concept and main objective of this event is to ensure delegates are aware of the methods and strategies used by the most successful golfers in the world.

0940 Lecture on Golf Psychology

A Lecture on golf psychology focused on what golf psychologists do and their role in improving athletic performance.

1000 Lecture on Peak Performance Psychology

A lecture on peak performance psychology focused on right and left-brain activity, giving information and insights into peak performance states such as the zone.

1100 Break

1130 Examples of general peak performance techniques practiced by playing professionals on the tour today.

1230 Lunch

1300 Practical Workshop

Practice mental strategies of the greatest players in the world on range and putting green (emphasis on creating a pre-shot routine using mental strategies).

All delegates will be given evaluation questionnaires and information on other courses and programs Dr John Pates offers.

1600 Finish



Dates – Location – Registration

Dates / Location

Lipperswil

April 18, 2015

April 19, 2015

Please contact Stephen Belverstone for further dates in 2015

stephen.academy@sgpl.ch

Costs

1 day = CHF 550.00 per person, 2 days = CHF 800.00, including lunch and coffee.

You will also receive a free Player Skills book.

Registration

Please register online at www.academy.sgpl.ch and select Trainings Programme > Golfing Mind Advanced

Contact

e-Mail sgpl@sgpl.ch

