



Mastering the Mental Game

A professional coaching programme for any golfer who is keen to improve their mindset and play with more confidence, concentration, and better pre-shot routines.



Plan a practical development programme that works for you.



Commit and trust your shots with better pre-shot routines.



Visualise the shots you want to make rather than fear the shots you don't want!



Confident, concentrated playing controlling those negative thoughts that hold you back.

If you are one of those golfers who gets frustrated by inconsistency, knows that you could play better than your current handicap, ruins a good round with a few 'blow out' holes, or suffers from nerves playing competitions, then Golf in Mind is a must for you.

This powerful coaching programme is suitable for all levels as long as you have the desire to make a step up in your golf.

Frances Goodman is an experienced performance coach working successfully with several tour players including the winner of a major, as well as with other leading professionals in sport and business.

'Frances has coached both Richard and I personally and is currently working with some of our students. We have all seen results from her knowledge and enthusiasm and we thoroughly recommend her to anyone who wants to improve their golfing mindset'

Lee Mucklow & Richard Bishton
Windlesham PGA Golf Professionals

Held at Windlesham Golf Club, a programme of four sessions is currently at a special price of £385. An initial trial consultation (½ hour) is also available at £60.

Book Now, call Frances on **07941 017395** and take that step up to **Master the Mental Game**.

frances@imaginesuccess.co.uk



windleshamgolf.com