

Even Golf is a Team Game

When it comes to winning in golf top players all have teams. Like a solid support staff for all aspects of their game. It helps in their ability to perform at optimum levels.

Look at **Ernie Els** when he won the Honda Classic. He had Dr. Bob Rotella, the noted mental game guru on the PGA Tour, with him on the tee boxes on the final round on Sunday. Here you have the number 4 ranked (at that time) player in the world taking a sports psychologist with him *while he's playing*.

What does this tell you? It clearly demonstrates the level of importance Ernie places on the **mental side of the game** as the difference that makes the difference for him when competing.

He knows he can hit the ball and so do all the players on tour. But harnessing his mind is what he believes is most important to winning and playing well.



Sharp Mind = Sharp Game

Whether you're a high handicapper or a PGA Pro, dialling in your inner game will bring ALL of your physical talents to the surface when it matters. The **trend is growing** on the numerous tours throughout the world to have a personal coach for the mental game.

It accelerates learning for high handicappers and increases the speed at which you develop your skills. It also builds a rock solid inner foundation for **playing high level golf** in casual and competitive play.

Here's a few links to some great sports psychology resources online. Do a little reading online. There are some great resources that can help you tap your potential.



<http://www.psychwatch.com>
<http://www.psychology.org>
<http://www.golfpsych.com>

I support others in my field since the promotion of this part of the game is paramount. It is virtually impossible to perform to your fullest potential without a well honed mental game.

Design a mental game that is clear and confident based on the numerous processes and resources here in the member's area of Whole Mind Golf. The only thing you stand to lose is strokes off your game...