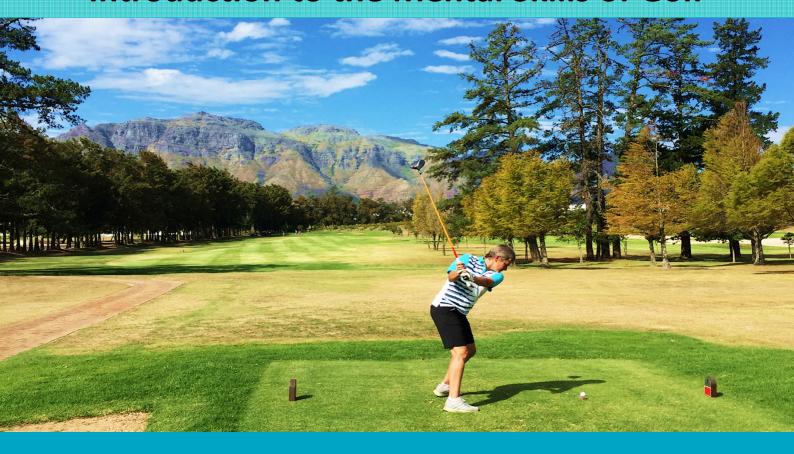
A MIND FOR GOLF

IMPROVE YOUR GAME Introduction to the Mental Skills of Golf



Tuesday 31st July at 3.00pm - Knighton Heath Golf Club

- Are you looking to improve your golf?
- Does a medal card frighten you?
- Would you like to block out negative thinking on the golf course?
- Are you looking to become more consistent?
- Would you like to be more confident when playing your shots?

Join us for an informative talk by Linda Scrace* who will help you understand and deal with a variety of mental issues and provide practical pointers, guidance and strategies that can improve your game and make golf more fun.

'The talk was both interesting and stimulating. I think it has changed my whole thinking towards golf, and what a good speaker!'

*In addition to holding a PGA Golf Psychology Coaching Certificate, Linda is an experienced sports coach. She took up golf in 2006 and plays off a single figure handicap.

www.amindforgolf.com linda@amindforgolf.com 07974 729684

