

# 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.

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