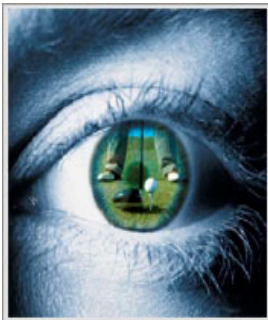


Mindfocus for Golf™

Are you an amateur golfer who...

- ✓ Believes they ARE a better golfer than the scorecard reads?
- ✓ Lacks confidence when faced with a shot you've had difficulty with, such as bunkers, chipping, or when faced with a hazard such as a lake?
- ✓ Struggles to hit the ball the way you would like, due to tension in your arms, shoulders and/or wrists?
- ✓ Plays a bad hole on the 9th, and is still kicking themselves at the 16th?
- ✓ Becomes demotivated when a bad shot leads to more bad shots?
- ✓ Starts thinking of the outcome of the match on the 17th tee after a great round, only to blow it on the last two holes?
- ✓ Finds it difficult to concentrate when playing a stronger or weaker opponent, or someone who is negative and vocal?
- ✓ Feels they haven't reached their potential...yet?



As an amateur golfer, you may think that sport psychology doesn't apply to you, but if you recognise any of the above, you could **seriously improve your scores & your enjoyment** by spending just a little time on your mental game.

Sport psychology has, until recently, been an exclusive service for Pro Tour Golfers who have the time, money and resources to work on their mental game with their very own mental coach.

Amateur golfers were left to learn about this strange phenomenon through a handful of books, hypnosis CDs and e-books. These are nothing in comparison to a sport psychologist who could:

- ✓ Identify the weakness in their game
- ✓ Recommend the mental skills to focus on
- ✓ Provide them with weekly exercises that would ensure that they learned when, why and how to apply a specific mental skill.

Costing between £100-£1000 a consultation, this was never going to be a realistic option for amateur golfers, despite the obvious benefits. That was, until now...



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Welcome to Mindfocus for Golf™: Your Virtual Mental Coach

Mindfocus for Golf™ is a revolutionary new internet-based training tool, designed by highly qualified sport psychologists, for amateur golfers of all abilities wishing to improve their game.

Mindfocus for Golf™ will help you...

- ✓ Shoot lower scores: week in, week out
- ✓ Become a more astute golfer, applying the right skill at the right time
- ✓ Improve practice sessions and performance with a set game plan
- ✓ Appreciate how mind skills can contribute to your game
- ✓ Focus your time on areas which will improve your golf performance

Mindfocus for Golf™ is your very own virtual mental golf coach designed to help you improve your game, and reach your potential.

Comments from some of our Mindfocus for Golf members...

“My golf rounds seemed to consist of about 15 holes played quite steadily, but there were always 2 or 3 holes where I lost concentration and ruined the round. I have practiced the concentration techniques taught by Mindfocus for Golf and am now delighted that when my focus and concentration do go (they probably always will at some point) I know what to do and can actually manage to do it, to put myself back on track. It was like having a sport psychologist on my shoulder!!”

Patricia Ferguson, 20 handicap

“Mindfocus for Golf opened up a whole new side of the game that I had never really thought about working on before. The relaxation techniques brought to my attention via the website have helped me to stay relaxed and focused during a round, which in turn has helped keep my scores down even during difficult winter weather conditions.”

Matt Garden, 8 handicap

“It was easy to follow and in almost all cases was common sense. Most of the time simplicity is genius and I thought Mindfocus for Golf was excellent. It's very comparable with the best. Made for professionals, to be used by amateurs.”

Donald Smith, 3 handicap

“In the short trial period I found Mindfocus for Golf to be a convenient, interactive way to improve the mental side of my golf game. By working on my pre-shot routine and my pre-competition plan I saw enough improvement in my scores and my on-course confidence to convince me that Mindfocus for Golf can definitely help me raise my game to a different level on a consistent basis.”

Alan Watson, 10 handicap



With Mindfocus for Golf™ you have access to...

- ✓ Online mental assessments to identify your strengths and weaknesses, along with specific advice on how to improve these areas.
- ✓ Your very own Mental Game Plan, which will help you set goals, choose mental skills and provide weekly exercises in your quest to master your mental game.
- ✓ Videoclips explaining **exactly** how to apply a range of mental skills such as imagery, positive self-talk, thought stopping, and pre-shot routines like the Pro's on the Tour.
- ✓ Highly informative articles written by well respected sport psychologists covering a multitude of topics relevant to the amateur golfer.
- ✓ Downloadable tools to assist you with your understanding of how to apply specific mental skills.
- ✓ Unique round evaluation tool designed to help you assess your mental game quickly and easily, allowing you to reflect on the progress of your performance.

All the top professionals work with sport psychologists. Now you can do the same. Add Mindfocus for Golf™ to your bag today and finally achieve your potential.

The collage displays five screenshots of the Mindfocus for Golf website interface:

- Top Screenshot:** Landing page with the headline "it's all in your mind..." and a list of services: "1. Assess", "2. Personalized assessment", "3. Downloadable tools", "4. Personalized Mental Game Plan", and "5. Downloadable tools".
- Middle-Left Screenshot:** "questionnaire" page with a list of statements and a progress indicator. Statements include: "I often visualize my game in my mind", "I suffer from a lack of confidence about my performance", "I frequently imagine my performance in an ideal practice ground", and "I often experience fears about losing".
- Middle-Right Screenshot:** "online assessment score" page with a table of categories and scores. The table has two columns: "Categories" and "Score (%)".
- Bottom-Left Screenshot:** "rounds" page with a table of performance data. The table has columns: "Date", "Round", "Round percentage", "Scorecard", "P/B", "C/B", "Score", and "Total No. of P/B's".
- Bottom-Right Screenshot:** "Mental Game Plan" page with a table of goals and exercises. The table has columns: "Goal", "Exercise", "Frequency", and "Notes".



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For more information on how you can dramatically improve your scores, your handicap and your enjoyment of golf, visit:

www.mindfocusforgolf.com

***Your 100% 'The Risk Is All Mine'
Money Back Guarantee***

This is my promise...

If you subscribe to Mindfocus for Golf™ and give it a shot, do the assessment, carry out the exercises, absorb and apply the information found in the articles and videoclips and find for any reason you are not a better golfer within 45 days, **send me** an email and show me you've put the information into action, and if it really doesn't work for you (I've not found a golfer that hasn't improved to date) I'll send you your subscription fee back to you.
Guaranteed.

The risk is all mine.

Simon Houghton

simon.houghton@mindfocusforgolf.com

Mindfocus Limited

We welcome the opportunity to spread the Mindfocus for Golf™ concept to other amateur golfers. If you know of other golfers who are looking to improve the way they play, please feel free to forward this on to them.



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