



‘INTO THE ZONE’ Golf Psychology Trainer

Would you like to teach your fellow golfers or students the mental game of golf?

Become an accredited ‘INTO THE ZONE’ Golf Psychology Trainer, a new modern scientific approach to mastering the mental game of golf. This is a unique opportunity to form a two way relationship with Robert Bourne, a leading proven sports psychologist in the UK who has 25 years of success in helping others achieve their goals. Robert has created ‘Mastering the Inner Game of Golf’ which is a revolutionary ground breaking interactive home study golf psychology coaching program.

This training opportunity will provide you with new skills so you can offer support to your fellow golfers or students whilst they are learning our golf psychology coaching program. The coaching partnership works like this. We provide the golf psychology coaching program in the form of a book and 5 CD set and you support the students in the form of group workshops or one-to-one coaching sessions. You will be guiding and mentoring the golfing students, bringing a deeper understanding to their learning experience.

The golf psychology program we have created can be divided into two main coaching areas; firstly how to get ‘Into the Zone’ to create a clear and focused mind when playing golf and secondly how to create ‘The Edge’ in the golfers game. We provide three options that the golfing student can select for their coaching support and we have discovered that the most effective learning solution for the golfer is the workshop taught in two parts. The 3 options:

- Attend a four hour group workshop
- The same workshop taught in two parts on a one-to-one or group basis
- A training package comprising four one-to-one golf psychology lessons

No previous psychology experience is required as full training will be provided in the form of our pre-study material and one day training course. Training course pre-study material will be provided to you in the form of a comprehensive trainer’s manual, plus a copy of the students’ golf psychology coaching program ‘Mastering The Inner Game of Golf’.

The one day ‘INTO THE ZONE’ Golf Psychology training course you will attend includes detailed tuition in the form of direct experience. This means that after your training course you will confidently be able to teach the student-support golf psychology coaching options as mentioned above.

Would you like to get paid to improve your golf? Would you like to experience the joy of helping your fellow golfers?

The coaching fee of £95 is paid to you by your student to provide them the coaching support option they have selected, plus a copy of the home study golf psychology coaching program 'Mastering The Inner Game of Golf'. You order the coaching set from us at a wholesale price including carriage. We have made sure that the whole process is very easy to do.

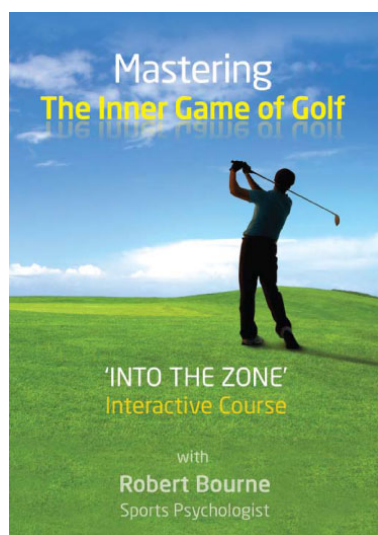
As an 'INTO THE ZONE' Golf Psychology Trainer you can offer three coaching options

1. To provide the workshop in two parts: Part 1 learning how to get 'Into the Zone' £50
Part 2 is about 'Creating the Edge' in your game of golf using CDs 2-5 £45
2. To run the group workshop including a copy of the course at a suggested price of £95
3. To provide the coaching in four one to one lessons at a suggested price of £95-£125

To achieve individual attention the workshop is limited in size of up to 8 people, producing a maximum income of £760, less the cost of eight coaching sets and any room hire fees.

It is recommended that you offer the coaching options once a month as you will soon attract other golfers in your area whose clubs do not have an 'Into The Zone Golf Psychology Trainer'.

Students Course Book



Students Set of 5 CDs



Your contract with us

Your contract with us is very simply that you promise to supply a copy of 'Mastering The Inner Game of Golf' to every new student to whom you teach golf psychology.

The training course has now been subsidised! Book now and enjoy a special rate of only £150

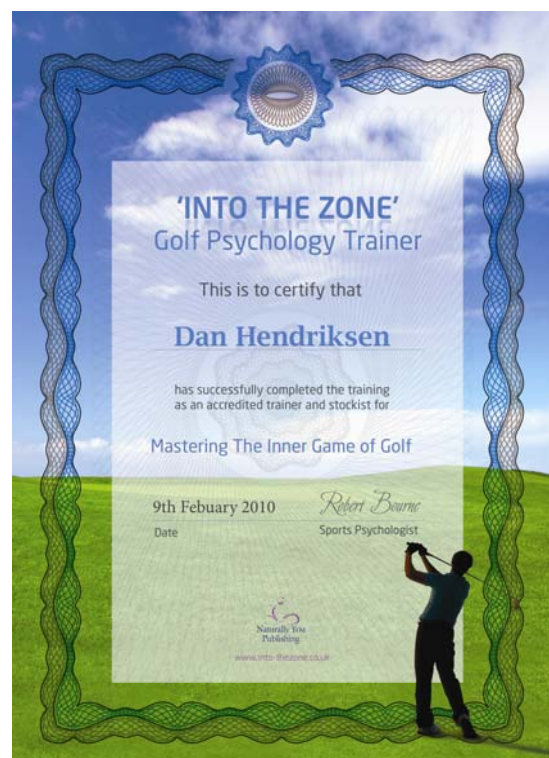
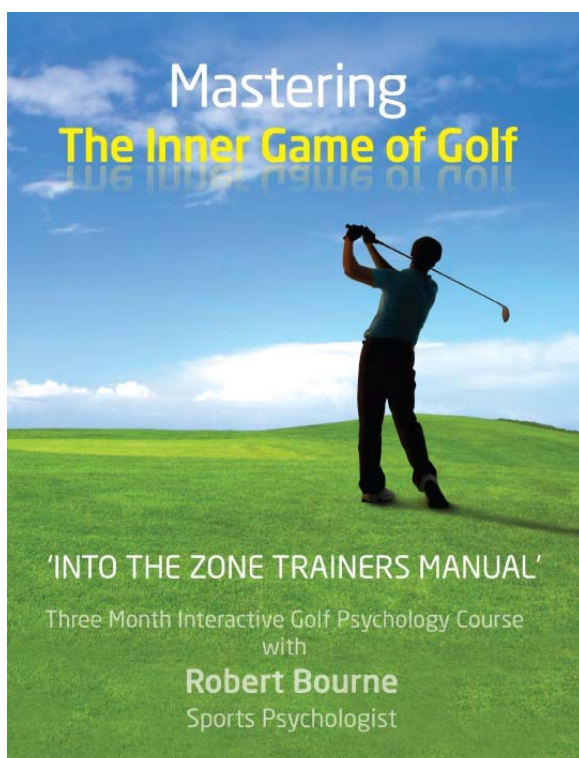
The 'INTO THE ZONE' golf psychology training is carried out in two parts; pre-study and a one or two day training course. We are so delighted with this new program in response to the very positive experiences from those golfers who have been part of our three month trial that we are providing you with an incentive to book now. We are confident that this program will provide a new benchmark for golf psychology in the UK. To help promote new trainers throughout the UK we have provided you with a fantastic opportunity to share in our success. The first 100 'INTO THE ZONE' golf psychology trainers will only pay £150 for the one day course instead of the full price of £350, saving you £200!

The day practical course includes lunch and refreshment breaks (*any one-to-one option does not include lunch or green fees*). Before you attend the training course you will receive your pre-course study material; this contains a copy of the 112 page 'INTO THE ZONE TRAINERS MANUAL' worth £14.99 plus a copy of the three months student's golf psychology course 'Mastering The Inner Game of Golf' worth £49.95.

Book the course now and save £200!

A two day training option is now available whereby day two focuses on your own golf improvement. One-to-one golf psychology coaching is provided whilst you play an 18 hole round of golf. Feedback in the form of a plan of action will be provided to enable you to create the edge within your own game. The cost of the two day training option is £250.

Your Training Manual and Certificate





Become part of a professional team

When you will receive your certificate of training you become part of our national coaching team for golf psychology. You are never on your own so you never need to worry about 'How do I deal with this situation?' as you will receive our support, continuing to share in our success. We understand that your success is our success.

Upon qualification you will be fully supported by our marketing campaign and will also become an approved provider of 'Mastering The Inner Game of Golf'. We have created several professional posters you can use to promote yourself at your club, plus A5 leaflets you can give to other golfers.

This role suits any club golfer with an interest in golf psychology who wishes to help their club members, a technical golf coach or PGA Golf Professional. This opportunity will provide you with three main benefits; personal golf improvement, satisfaction through helping others plus additional income.

The training course, together with the trainer's manual, will provide you all the psychological knowledge that you require to mentor and support your students whilst they are learning our golf psychology coaching program 'Mastering The Inner Game of Golf'.

See below an excerpt from the training manual you will receive. If you would like to be able to offer golf psychology coaching to golfers please contact us for full details about this unique opportunity.

Contact us today

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Into The Zone Trainers Manual Excerpts

Mastering The Inner Game of Golf

‘Into The Zone’ Trainers Manual

Three Month Interactive Golf Psychology Course

with
Robert Bourne
Sports Psychologist



United Kingdom

Mastering The Inner Game of Golf

Into The Zone Trainers Manual

Three Months Interactive Golf Psychology Course

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United Kingdom

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Teaching The 'Into The Zone Golf Workshop'

Welcome to 'Mastering The Inner Game of Golf'. As an approved 'Into The Zone Golf Trainer' for our three months golf psychology home study course, you are now licensed to offer your golfing students the opportunity to either buy this course directly from you, or to attend the four hour preparation workshop which includes a copy of the multimedia course.

In this training manual you will discover that I have retained the course book content as originally published but where appropriate I have made additional notes to show and mark out the main psychological teaching points for your consideration. This will be helpful in answering any questions your students may raise with you whilst studying the course. This will also help you understand the underlying psychology of the mental game of golf.

The workshop has been created to provide the golfing student with a deeper understanding of how to study the three month interactive golf psychology course; 'Mastering The Inner Game of Golf'. Through attending the four hour workshop your students will have a head start on the three months of home study golfing psychology that they are about to undertake. The workshop is highly recommended for it will focus your students' attention upon the key points of importance embedded within the course; it is these key points the student needs to grasp to fully benefit from the mental transformation they now have the opportunity to achieve.

The duration of the workshop is four hours. The workshop is divided into two parts by a break for lunch or refreshments. There is no strict requirement as to what time the workshop is to be delivered, as this is entirely up to you as an approved 'Into The Zone Golf Trainer'. Some trainers like to run this workshop around midday so as to break for lunch, for example 11.00am to 1.00pm, one hour for lunch and then from 2.00pm to 4.00pm. I know others who like to start at 4.00pm to 6.00pm with a half hour refreshment break finishing the workshop from 6.30pm to 8.30pm. However you decide to run this workshop the one essential requirement you need to embrace is that a break is required in the middle of the workshop. This break will establish a deeper learning experience for your students. The key point to remember is that your student's success becomes your success.

I am now going to show you a lesson plan of what you are going to introduce to your students. I will then explain each point on the lesson plan so you have a deep understanding of its importance in your students learning of golf psychology.



Lesson Plan

Workshop Part One

11.00 am Introductions

Step 1 - Explain 'How the Mind Works'

Explain the emphasis for changing consciousness

Step 2 - Conduct 'The Deep Breathing Exercise' as a group

(If you need to fill time) Play CD1 'Getting your mind to work for you'

1.00pm Lunch or Refreshment Break

Workshop Part Two

2.00 pm Explain the importance of examining Self Limiting Beliefs

Step 3 - Introduce Visualisation – Getting The Result

(If you need to fill time) Play CD1 'Getting your mind to work for you'

Sum up and review - Allow time for questions and answers

4.00 pm Finish

Key Teaching Points

The following will expand upon the contents contained within the lesson plan listed above. It is encouraged that you will develop your own method of delivery when presenting these concepts to your students. These teaching points are the secret to mastering the mental game of golf through the three months home study course; 'Mastering The Inner Game of Golf'.

You are now addressing the whole personality of the person, not just the physical technical aspect of the player's game but the emotional and personal beliefs that each person holds in their unconscious mind. To enable co-operation trust in you is required from the student. I expect you will already have gained your student's trust and respect as their PGA golf professional and personal trainer. This provides you with a tremendous advantage in achieving the goal of mastering the mental game of golf by your student.

Please consider that some people may have never considered undertaking an exercise in deep breathing or have realised that their thoughts have an effect on their emotions and the outcome of their golf swing. The idea of changing consciousness to allow their greater mind to enter into their game of golf can be very fearful to some people, as this requires a letting go of their will and personal ego's control; they will have to learn to mentally relax.

They also have to learn to look at their own beliefs to establish their own negative self fulfilling prophecies and then have the courage to change their point of view into a more positive flexible belief. Some golfers will have to consider their attitude towards their game and be prepared to be truthful in accepting any negative destructive emotional attitudes towards themselves and other golfers; being prepared to introduce the desire to change into a more positive response to themselves, fellow golfers and the game in general.

EtcThe chapter then goes into great detail about each point you will be presenting on the workshop so that you will be fully prepared to teach this workshop.

Teacher's notes are also provided throughout the training manual to illustrate the psychological truths behind each of the teachings presented in the students course book 'Mastering The Inner Game of Golf'. This means you do not have to study psychology for years to become an expert; I have provided you with this support.

The following example has been taken from the chapter
'Neuroscience in Sports Performance'

When it comes to anything that you wish to experience automatically, like a swing, like a new way of thinking, a new emotional reaction, to enable that to become an automatic response within your life you will first have to erase what already exists, that which you do not want, that which is not serving you well. So the first scientific fact I would like to share with you is that it takes twenty-one times of repeated behaviour or twenty-one days of repeated behaviour for the brain to form a new neural pathway that will repeat the new swing, the new way of thinking, the new emotional pattern automatically without you making any effort. This is the first scientific truth and it will help you in your practice to take this understanding to whatever you are learning. Once the neural pathway has formed in the brain, with constant practice it becomes deeply ingrained. With this realisation you can now have an understanding why old negative patterns that you no longer want are so difficult to erase. In fact once a learnt pattern becomes an unconscious memory the harder you try consciously to overcome it the more resistance there is unconsciously to it being removed. There is a 'Law of Reverse Effect' which states when the will and the inner mind are in conflict the inner mind always wins. This means that when a person thinks he cannot do something and then tries, the more he tries to do it the less it is possible to achieve. In the conflict between the will and the inner mind the force of the inner mind produces about four times more energy than the will, so by willpower alone it's virtually impossible to change ingrained patterns of action, thought and emotional reactions.

The key to you changing is to learn a new way of dealing with your unconscious mind and the very first thing you will need to do is to learn how to get access to the realm of your unconscious mind. You will do this through learning how to achieve the alpha state of mind, which you will experience through continuous practice using the first CD1 in this course, 'Getting Your Mind to Work For You' learning the experience of entering the zone.

Trainers Note: This section illustrates the reason why there is a need to repeat any new mental aspect the student wants to learn for 21 times or 21 days; to form an automatic response to their golf game through creating a new neural pathway in their brain. A student who only listens to the CD say five times is unlikely to achieve the maximum potential out of the course. Please stress this point. **End**

Contact us for full details about this unique opportunity

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