



## Learn How to:

**Take Charge • Own the Zone • Excel Under Pressure**

**Do you struggle with:**

Emotions	Confidence
Following Great Shots	Lack of Control
Burnout	Perfectionism
Doubt and Fear	Dealing with Distraction
Poor Self-Talk	Excelling Under Pressure
Focus	Yips/Target Panic
Scoring	Creating the zone

**Better Your Best® in a Box or Bucket uses mental cross training (darts, bean bag toss, etc.) to expose core movement patterns and core personality patterns. Then we can train you in a fun, quick way and apply it to golf to Better Your Best®**

**Better Your Best® Programs facilitated by:**



**Dr. Debbie Crews, Sports Psychology Consultant, 35+ years of research in golf, archery, basketball, baseball, etc.**

**Date: APRIL 25<sup>TH</sup>, 2020 9:00am – 4:00pm**

**Location: BIGHORN GOLF & CC**

**Cost: \$150.00 INCLUDES LUNCH**

**Contact: [kathygook@golfbighorn.ca](mailto:kathygook@golfbighorn.ca) 250-571-7888**

**Limited Class size....Sign up Now!**