

MENTAL COACHING WITH DR. DAN



The Premier Junior Golf Tour

Mental Coach, Dr. Dan, is excited to offer special discounted Fall Programming exclusively to members of The NFJGT. In each program, golfers will meet one-on-one with Dr. Dan to develop a better understanding of their game as well as personalized mental strategies designed to enhance their performance. Programs are tiered in a strategic order to maximize learning and enhance effectiveness. Completion of each tier allows golfers to go to the next tier ready to succeed. A portion of proceeds from each program is donated directly back to the tour.

Tier 1. The Mental Golf Workshop Profile

The Mental Golf Workshop Profile is an assessment that provides golfers with a complete understanding of how their personality relates to golf. The profile teaches each golfer how to maximize their mental approach during practice and competition. It also provides specific strategies to help with every aspect of their mental game. Average duration 1 hour.

Tier 2. Pre- & Post-Shot Routine Development

A strategic pre-shot routine helps golfers transfer their practice game to the course and gets the mind/body ready before every shot. In this program, you will develop a personalized pre-shot routine and post-shot routine that fits your game and personality by working one-on-one with Dr. Dan. You will leave with a detailed plan and videos to guide you. Average duration 1 hour.

Tier 3. On-Course Playing Lesson

Following the completion of tier 1 and 2, you will be ready to take the skills and strategies you were taught to the course. A personal on-course playing lesson with Dr. Dan will provide you with an opportunity to work on your mental game where it matters most, the golf course. You'll leave with a summary outlining the most important strategies discussed on the course for you to better manage your mindset and golf game. Average duration 1.5-2 hours.

Tier 4. Personalized MP3 Audio Clip

Dr. Dan uses audio software to create personalized MP3 recordings that can be listened to by golfers to improve their mental game. These personalized recordings can be designed to help golfers make swing changes, learn course management strategies, increase motivation and confidence, control anger, manage tension, and become more patient. Music is paired with mental training strategies to make each recording more enjoyable. This way you will have a pleasant way to practice your mental game at any time as though Dr. Dan is right there with you. Average duration 1 hour.

Tier 1 - \$200

Tier 1 & 2 - \$375

Tier 1, 2, & 3 - \$550

Tier 1, 2, 3, & 4 \$700

For further information, please contact Dr. Dan at DrDan@DrDanV.com, or call (321) 236-3645
To Learn more about Dr. Dan check out his webpage: www.drdanv.com