

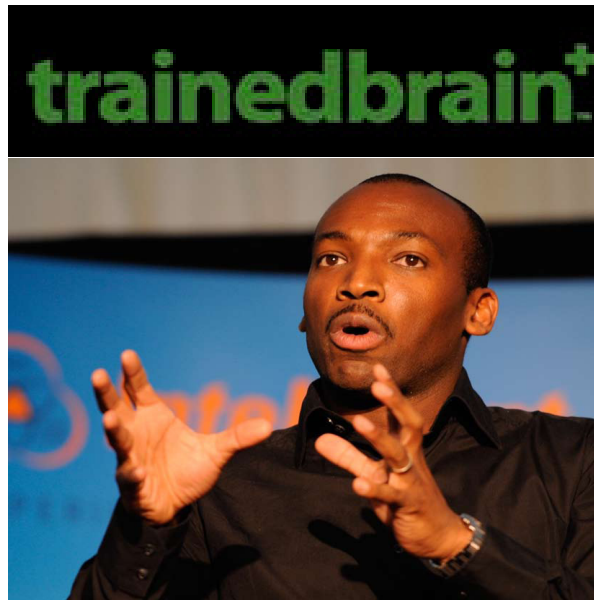
Neil Plimmer - PGA Fellow Professional - Mid Sussex Golf & Country Club

Golf Monthly Top 25 Coach - Sussex County Ladies/Girls Coach - SussexGolf Development Academy Coach Coordinator

Presents

Jamie Edwards - trainedbrain Parent/Junior Golf Mental Skills Workshop

Tuesday 13th April 9.30am - 3.30pm



**The
Winning
Parent**

Schedule of the Day
@ Mid Sussex Golf & Country Club

9.30am - 10.00am

Introductions

10.00am - 11.30am

Raise your Game

11.30am - 12.30pm

Lunch (included)

12.30pm

Juniors tee off from
1st tee for 9 holes

1.00pm - 3.00pm

The Winning Parent

3.00pm - 3.30pm

Q&A/Conclusion

Price - £50.00 per family

(Family is one Junior & one Parent)

Price includes workshops, lunch and green fee

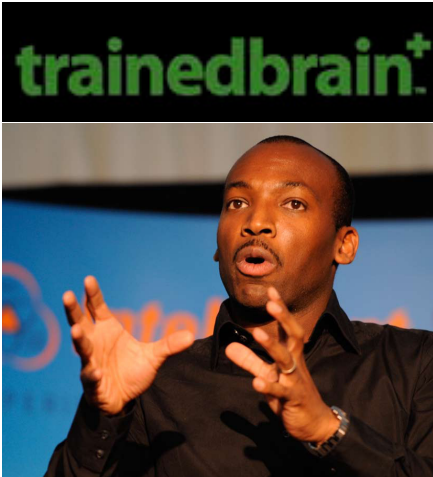
Places are limited so please
contact Neil Plimmer ASAP

Raise Your Game:
**Mental
Skills for
Junior
Golfers**

Jamie Edwards - trainedbrain

Parent/Junior Golf Mental Skills Workshop

Tuesday 13th April 9.30am - 3.30pm



As founder of trainedbrain® he is a sought after performance coach, speaker & best selling author who is as compelling and thought provoking as he is insightful and entertaining. In his own unique style, Jamie provides a step-by-step guide to overcoming limiting beliefs, developing confidence that sustainable and tools to help develop your trained brain. The opportunity to develop these skills will not only help you, your clients & members, not just on the course but in the biggest game of all, The Game of Life. Jamie Edwards has a unique thought provoking presentation that carries his listeners on a golf rollercoaster that will have your audience making connections to their own game with inspiration one minute and laughter the next minute. His unique style and charismatic manner have made him an internationally recognized, his message is inspiring, motivating, and captivating; it is also life changing and provides a fundamentally sound foundation not just for sports but for business and life.

ABOUT TRAINED BRAIN

Trained Brain is the leading company in mental game training in Europe. They have worked with players who have used these tools at the highest levels of sport such as Darren Clarke, Lee Westwood, Alison Nicholas Paul McGinley, Graeme McDowell, Trish Johnson and in business with companies such as Gleneagles, Golf Breaks.com, Marriott, Volvo, Wentworth, Red Bull and presented to players at prestigious venues such as the All England Tennis Club, St Andrews. Over 300 certified coaches in Germany, Asia & the UK have used these practical & applicable mental training skills to develop and enhance their teaching philosophies & additional revenue streams through workshops, 1 to 1 mental coaching, and speaking engagements

Raise Your Game: Mental Skills for Juniors

Young golfers will discover the importance of thinking differently, using peak performance skills and how mindset affects their ability to develop their technical game and their ability to fulfill potential. They will learn how to develop skills to overcome bad shots and poor performances, enhance the good ones. Deal with expectations and handle pressure on the course and how a trained brain can help them off it in the game of life. All of this woven into a presentation that is both entertaining and educational at the same time.

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The Winning Parent

Today, the role of the parent in sports has become more refined, from entry level to international the different stages of a players development requires different levels of awareness and thinking from those closest.

A unique 2 hour workshop designed to give parents, coaches and mentors, effective tools and concepts that can help young golfers win on and off the course. Developed from working with the parents of players across different sports we recognised that parents would like to have a set of tools to assist and compliment the TEAM that looks after their young athlete.