

GOLF MENTAL PERFORMANCE SYSTEM: THE ELITE ROUND EXPERIENCE

For competitive amateur golfers who want to perform better under pressure



Program Overview

A structured, neuroscience-informed mental performance program designed to help golfers

- Eliminate mental errors during rounds
- Improve decision-making and focus under pressure
- Build consistent pre-shot and reset routines
- Regulate emotions and physiology during play

Program Structure: 8 sessions (includes one ride-along)

Session 1 - Intake & Performance Mapping (60 min, Virtual)

*Includes Personal Mental Performance Profile

Session 2 - On-Course Ride-Along (2-3 hours)

- Live observation during a round =
 - Pre-shot routines
 - Decision-making under pressure
 - Emotional reactions (bad shots, momentum shifts)
 - Attention + focus patterns
 - Light real-time coaching + note-taking

Session 3 - Debrief + Foundational Skills

Session 4 - Psychophysiology Integration

Session 5 - Decision-Making Under Pressure

Session 6 - Consistency & Identity

Session 7 - Simulation + Transfer

Session 8 - Final Integration

Program Duration

- ~6-8 weeks
- Flexible scheduling around play

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Pricing

Option A - Standard: \$2,200

- 8 sessions
- 1 ride-along (2-3 hrs)
- HRV biofeedback included

Option B - Premium: \$2,800

- Everything above
- Extended ride-along (3-4 hrs or split rounds)
- Ongoing messaging support
- +1 follow-up session

Add-Ons (Optional)

- Additional ride-alongs: \$400-600
- Monthly maintenance coaching
- Tournament prep intensives