



## **THINKING OUTSIDE THE BOX BRINGS SURPRISING SOLUTIONS**

I love challenges so when Monika told me she had given up hope of ever being a good short game player I was immediately interested to know more. She was so convinced that nobody could help her, the only way I could persuade her to book a coaching session with me was to give her a full money back guarantee if she did not make significant progress during our 2 hour session. Needless to say this was not necessary...

Monika (a pseudonym) was a very experienced golfer with a handicap of 12, who had been playing regular golf for over 20 years. Her swing was well grooved, and she rarely missed the fairway with her long drives. But her short game! Well even her single handicap husband seemed to despair when he told me how disjointed and jerky her pitch and chip shots were. She had sought help with numerous Golf Pros and none of them had been able to help her. The most disconcerting element was that from the observers perspective Monika had developed the most awful technique – especially in relation to her long game where her technique was good.

### **What you See is Not the Whole Story**

The reason none of the other Golf Pro's could help Monika was because they were looking in the wrong place – they allowed themselves to be influenced by what they OBSERVED but didn't see the bigger picture as to WHY Monika was swinging so badly in her short game.

Through questioning Monika, I discovered that she was very insecure as to how to execute any shot that was not a full shot. This challenged her throughout her short game, from a long putt to a  $\frac{3}{4}$  length pitch shot – her only thought was “how do I find the length I need?” But she was asking the wrong part of her mind....! So she never found any effective answers.

### **How Does This Distance FEEL...?**

It soon became clear to me, based on my extensive knowledge of how the brain and body work together, that Monika had never developed a FEELING for distances. When I asked her if she had a *feeling* for the distance she wanted to hit she looked at me as if I had come from Mars! The idea had never occurred to her!



Monika had activated the visual and auditory sensory receptors in her brain as well as her intellectual mind to play these feel shots, but had not linked this information with her Cerebellum – the area of the brain responsible for Motor Coordination and feelings! She had a well developed sense of the distance visually, and could even imagine the sound the club would make at impact, yet somehow she had managed to by-pass the FEELING related to that distance. This was the most important support system in her brain responsible for playing these short shots effortlessly - after all there is a reason why they are called “feel” shots.....!

This explained why Monika was so insecure and fearful of the results – which in turn created a jerky ineffective swing. What all observers were seeing was just the end result of a chain reaction – the root cause was something quite different. Only when looking at the bigger picture did this become clear to us.

### **Building New Brain Synapses**

Once Monika and I were agreed on the prognosis, we set about building the synapses in her brain that included *feeling the distances* she wanted to hit. Through various Kagami exercises Monika was able to build her sense of feel for distances, which naturally was rather under-developed in the beginning. In fact she was very unsure of herself in this department, so we built up slowly from very small chip shots where she was able to imagine the speed of the club that might be necessary to hit the distance.

### **Building TRUST**

One exercise we used was playing shots blind and guessing the distance the ball had flown purely from the feeling of the speed of the club and sound of the impact. Monika was remarkably accurate.

Her body (Cerebellum) mostly found the right speed and feeling for the distance – which helped Monika to build trust in this part of her brain. The only part of her brain she should avoid asking was her intellect – she had tried that for many years so she knew it didn't work! Still her intellect had to be persuaded to give up responsibility for this particular job, which it would only do in the long run, when it saw effective results.

It worked! When her husband arrived towards the end of the coaching session, he was astonished at the way Monika was swinging and the results she was getting – her technique had changed totally – yet we had not exchanged one word about her technique!



### **Going Beyond the Golf Game**

Monika was now had tools to control her thoughts and utilise the most appropriate area of her brain for each task, to achieve the most effective results. *(Did I mention the word golf!)*

This is a central element of the Kagami philosophy, which goes far beyond the boundaries of sports to working with corporations. Some of the outcomes of this work is supporting managers and leaders to utilise their full potential, develop whole brain thinking skills, reduce stress reactions, discover limiting beliefs and consciously move into the right mental state for peak performance.

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