

## **Peak Performance in Tournaments & Business**

Now that the golf tournament season is well under way, and many of you are playing to reduce your handicaps – here is some support for your endeavours. Many of the ideas in this article are also transferrable to your LIFESWING and WORKSWING

### **Goal Setting**

This is a vital part of your success. The goals you set need to be interesting and challenging yet not stressful. If the goal you set causes you to feel pressure or tension, then reduce it or set a totally different goal that has nothing to do with the score – for example enjoying every swing, or doing a Kagami exercise for specific shots.

### **Positive Visualisations**

Each time you think about the tournament you are going to play, recall some really good shots from the past and imagine yourself playing them again in this tournament. If you know the course well, you might have positive experiences on specific holes you can recall. Make the mini-movies as real as possible, including the sounds and feelings associated with them.

It has been proven in numerous clinical studies with sports players, that positive visualisations are as effective as actually playing and practicing good shots – particularly if you imagine playing above average. The subconscious mind accepts this information as real and sets about putting it into practice in your reality. Most important is that you keep negative thoughts and pictures OUT of your mind otherwise you will negate the positive effects of your visualisations.

### **The Magical Jacket**

If you are one of those golfers who is easily disturbed by outside influences (other golfers, noises) or you would like to feel more confident about your game, then the “Magical Jacket” visualization is very effective.

It can be any colour or shape - a protective egg, a full suit of armour or a jacket with magical high performance powers. Not only does this special “clothing” protect you from negative or disturbing influences on the course, it also has special powers that make you feel joyful, confident and successful. When you slip into it just before addressing the golf ball, you will feel like a superstar. Use this visualisation regularly throughout the round and in particular on the 1<sup>st</sup> tee.

### **Staying in Equilibrium on the Golf Course**

During the round pay attention to your emotional state, so that you stay in equilibrium regardless of what happens. All top sports players know how important it is to avoid the emotional roller coaster during competition. The best way to produce peak performance is to maintain a calm, one-pointed focus and keep any high expectations and/or negative emotions under control. If you play a really good shot or hole, take the confidence and good feeling with you but leave the score and therefore any expectations for the next shot or perhaps the end result behind you. If you play a poor shot or hole, learn from your mistake as well as possible, send the experience up in a helium balloon and forget it, taking only the learning with you. Don't try to compensate in the next holes by trying to make birdies or pars, just give each shot your best focus and come back to the NOW during the swing, over and over again. The KAGAMI exercises are an excellent way to do this.

Avoid as much as possible thinking about past shots or future possibilities, and know that you are not a robot, you will have poor shots and good shots in a round of golf – that's life - so you might as well accept the idea now. If you allow your emotions to run away with you it will take you longer to recover from the poor shots and you might sabotage the good shots by getting too excited.

If you have read my book, the chapter on the Peak Performance Pendulum (Page 100) will also help in this respect, as the awareness of where you are on the pendulum is often enough for you to avoid the extremes of stress or poor concentration

Last but not least – ENJOY the tournaments you play in. Even if you are scoring badly, there is always something during a round of golf that is enjoyable. This is your free time – make the most of it.

Happy Golfing!

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