

Relieving the Pressure in Golf Tournaments

As the tournament season is beginning in Europe, here are some helpful ideas to support you in realising your full potential under pressure.

Change the Goal:

Set yourself a different goal other than the score, for example:

- Making a good impact between club and ball;
- Doing a KAGAMI exercise during every swing;
- Enjoying the movement in the swing;
- Switching off your intellect during each shot.

Maintaining Mental Equilibrium on the Course

This is something all top Tour Professionals do but don't talk about. Playing good golf while on an emotional roller-coaster is very difficult, so they find ways of staying within a fairly narrow emotional "bandwidth". This means remaining focused and taking one shot at a time, without letting yourself be overly influenced by the previous shot – good or bad!

However the previous shot turned out – **let it go!** It is past and has nothing to do with the next shot. If it was a superb shot, ask yourself what you did differently in your thinking or your preparation, make a brief note in a small notebook under the headline "System for Success" acknowledge yourself for the shot and **let it go!**

If it was a mediocre shot, acknowledge that they are also part of the game and that you don't need perfect shots to make a good score and **let it go!**

If it was a bad shot, ask yourself what disturbed you, what you did not do correctly (like your pre-shot routine) or perhaps did too much of (goal orientation during the swing) make a quick note in your notebook under the headline "Sabotaging Thoughts/Actions" and **let it go!**

Stay in the NOW

Walk down the fairway with PRESENCE – full awareness of what is happening each moment. They can be simple things such as feeling the grass under your feet, being aware of how you are walking, taking in the nature around you or becoming aware of your breathing.

Let yourself feel the gratitude for being able to play this wonderful sport.

Both of the above exercises can also be adapted to business situations. Once you have experienced their effectiveness on the golf course, it's much easier to trust them in the workplace also.

In the beginning being in the NOW needs practice, but the brain is like a muscle, the more you practice the easier it gets to move into this magical place – which in reality is all there is anyway....!

Let me know how you get on.

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