



The **Golf Pro™** is a tool that assesses the character traits, attitudes and opinions of top performing golfers. In addition to providing insights into maximizing individual performance, the **Golf Pro™** allows the golfer to benchmark against top golfers on the mental aspects of the game.

The **Golf Pro™**

- Identifies strengths and how to use them to lower a handicap
- Provides insights into emotional control which is essential for top performers
- Assesses competitiveness, mental toughness, confidence and motivation
- Highlights self coaching and personal development strategies
- Maximizes success and enjoyment

The **Golf Pro™** is designed to provide a golfer with insights into mental and emotional strengths and how to leverage them to achieve top performance. The extensive report is divided into several sections that describe the golfer's character and personal approach to golf, competitiveness and other issues important to enjoying and succeeding in golf.



Keys to Success in Golf:

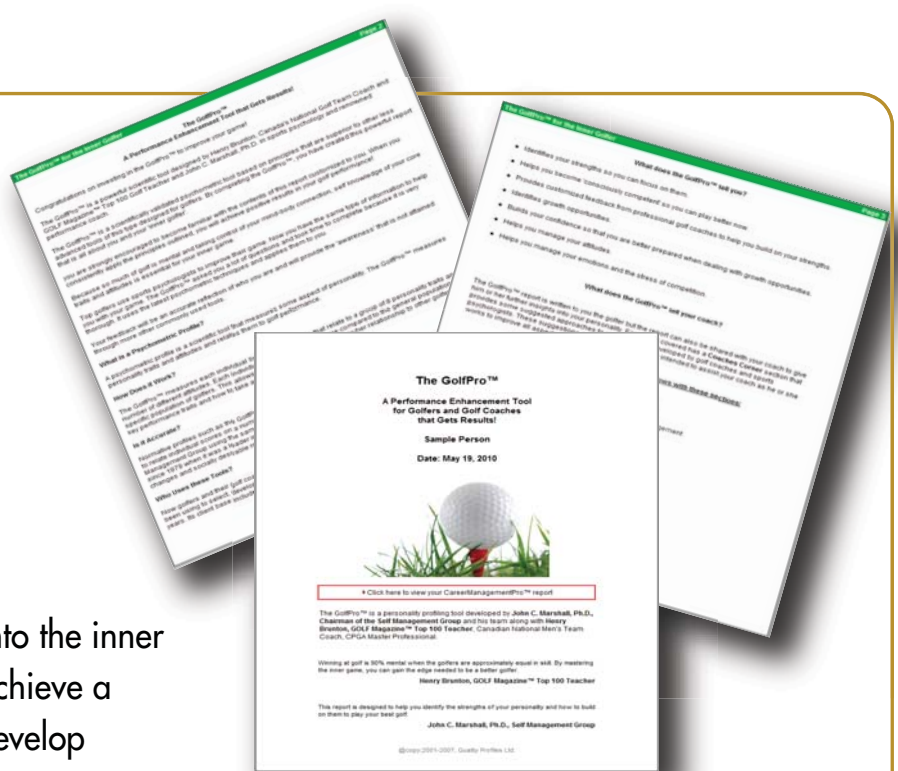
- Self Management
- Mental Toughness (Focus)
- Overcoming Adversity
- Competitiveness
- Motivation
- Confidence
- Lifestyle Considerations
- Attitudes about Golf

The **Golf Pro™** provides insight into the inner game of golf by helping the golfer achieve a relaxed state of concentration and develop balance and emotional stability.

The **Golf Pro™** is the result of extensive research on competitive individuals in both sport and business. The factors that have predicted survival and success in highly competitive environments are measured by the **Golf Pro™**. A number of top professional athletes have been profiled by the Self Management Group using the **Golf Pro™** methodology.

Uses of the Golf Pro™

The **Golf Pro™** is ideal for improving the performance of individual golfers as well creating teams ranging from a charity scramble to a competitive university team. The **Golf Pro™** is ideal for self coaching and for helping a coach or teaching professional understand the unique learning patterns of a golfer. The profile assists a coach in developing the technical and psychological aspects of the game.



SELF MANAGEMENT GROUP

The **Self Management Group** is a world leader in screening, selecting, developing, and retaining top performers. For over 30 years, the **Self Management Group** has partnered with leading companies to develop high performance, self managed organizational cultures.

For more information about the **Golf Pro™** and the **Self Management Group's** other profiling and training systems please visit www.selfmgmt.com or call 416.746.0444.

