

Mental
GOLF
Workshop Profile

Putting The Power Of The...

...DISC Profile System...

...& Self-Understanding...

...To Work In Your Game.

**There are four basic ways you can
improve your game –**

1. Mechanics & Technique
2. Equipment
3. Golf Fitness
4. Mental Game

One of golf's greatest frustrations is when improvements in...

- technique
- equipment
- fitness

...don't convert into sustained improvement on the scorecard.

The missing link is usually...

...mental game improvement !!

The Mental Golf Profile Philosophy

- 1) Self-knowledge & customization is the key...
...just as one swing key, set of club specifications or workout program is not for every player, the same is true for the mental game.
- 2) Your profile provides the self-knowledge and strategies to customize your mental game work.
- 3) Repetition of these strategies when playing and practicing will produce improvement on the scorecard !!

The DISC Profile System is used world-wide for enhancing performance in business and other settings. Your golf profile “translates” DISC into golf terminology.

The four basic DISC styles:

Dominance	Inspiration
Steadiness	Conscientious

How Are These Groups Different In Their Golfing Personalities?

Tiger Woods Anthony Kim
Morgan Pressel Rory Sabbatini
Suzann Pettersen

Brad Faxon Christina Kim
Rocco Mediate Natalie Gulbis
Boo Weekley

Ernie Els Retief Goosen
Fred Couples Karrie Webb
Annika Sorenstam

Ben Hogan Se Ri Pak
Jack Nicklaus Jonathan Byrd
Bernhard Langer

**The DISC Profile System Provides
Answers To This Question**

Dominance

Aggressive Strong-willed
Sense of urgency Risk-taker
Goal-oriented Competitive

Tiger Woods Anthony Kim
Morgan Pressel Rory Sabbatini
Suzann Pettersen

Inspiration

Enthusiastic Creative
Optimistic Spontaneous
Sociable Instinctive

Brad Faxon Christina Kim
Rocco Mediate Natalie Gulbis
Boo Weekley

Steadiness

Steady Patient
Relaxed demeanor Adaptable
Even-tempered Persistent

Ernie Els Retief Goosen
Fred Couples Karrie Webb
Annika Sorenstam

Conscientious

Conscientious Logical
Analytical Methodical
Exacting Fact-finder

Ben Hogan Se Ri Pak
Jack Nicklaus Jonathan Byrd
Bernhard Langer

Players High In Dominance

Examples of Potential Strengths

- Competitive – strong desire to succeed
- Goal-oriented – will pay the price to reach goals
- Change-oriented – willing to make changes – always looking for ways to improve
- Sense of urgency – sense of urgency to improve

Examples of Potential Weaknesses

- Competitive – might try so hard that excessive tension takes away from performance
- Strong-willed – might have a short fuse
- Risk Taker – might try high risk shots that waste shots
- Change-oriented – may keep making changes and not give anything a realistic chance to work

Players High In Inspiration

Examples of Potential Strengths

- Enthusiastic and optimistic – upbeat attitude – “today’s the day it’s all going to come together”
- Creative and spontaneous – good imagination – able to visualize a variety of different shots
- Active minds – energized and alert – lots of mental energy
- Sociable – energized by the social aspects of golf

Examples of Potential Weaknesses

- Enthusiastic and optimistic – emotional highs can be “too high” leading to big letdowns when the tides shift
- Creative and spontaneous – may try risky shots just for the creative challenge
- Active mind – might have difficulty quieting mind to concentrate on task at hand
- Sociable – can be distracted by being overly social

Players High In Steadiness

Examples of Potential Strengths

- Steady emotions – not “too high” or “too low”
- Patient and persistent learning style – consistent focus – doesn’t expect overnight miracles
- Relaxed demeanor – usually stays fairly relaxed over the ball and able to maintain flexibility and rhythm

Examples of Potential Weaknesses

- Steady emotions – might be a bit lackadaisical and slow to get the competitive juices flowing
- Patient learning style – might not have a sense of urgency to improve or set ambitious improvement goals
- Consistent – might be set in ways and reluctant to make big changes necessary to take their games to a higher level

Players High In Conscientious

Examples of Potential Strengths

- Analytical – motivated to understand the nuts and bolts of the swing and the intended effect of changes
- Exacting – strong desire to do things the “correct” way
- Logical – realistically weighs the risks and rewards with shot selection choices
- Conscientious – wants to be properly prepared to play

Examples of Potential Weaknesses

- Analytical – may want to know “how to build the watch” when only needs to know “what time it is” – can get confused with information overload
- Exacting & conscientious – may be too perfectionistic for own good
- Exacting – may be too concerned about doing things the “right” way instead of doing what is best for them

- Quiz Time -

Dominance, Inspiration, Steadiness & Conscientious

Which Style Is This? ___

- Optimistic
- Sociable & Outgoing
- Instinctive
- Creative
- Enthusiastic
- Spontaneous

Which Style Is This? ___

- Analytical
- Methodical
- Exacting
- Conscientious & Serious
- Logical
- Fact-finder

Which Style Is This? ___

- Relaxed demeanor
- Patient
- Easy going
- Even-tempered
- Persistent
- Adaptable

Which Style Is This? ___

- Aggressive & Bold
- Sense of urgency
- Strong-willed
- Risk-taker
- Outwardly competitive
- Goal-oriented

More About The DISC Profile System

- We all have some amounts of D, I, S, & C in our mental golf styles – like mixing four colors of paint.
- Nobody is high or low in all four styles.
- Most people are high in one or possibly two of the four styles.
- Your golfing personality might be...
 - ...one of the four Basic styles D, I, S, or C
 - or
 - ...a Combination Style, which is a blend of two of the basic styles.

Dominance

Aggressive
Strong-Willed
Sense of urgency
Risk Taker
Goal-Oriented
Competitive

&

Inspiration

Enthusiastic
Creative
Optimistic
Spontaneous
Sociable
Instinctive

=

Example of A “Blended”
Combination DISC Style

Dominance & Inspiration

Future-Oriented	Confident
Self-Starter	Sociable
Competitive	Optimistic

Arnold Palmer is a good example
of the D&I Combination Style

Dominance

Aggressive
Strong-Willed
Sense Of Urgency
Risk Taker
Goal-Oriented
Competitive

&

Conscientious

Conscientious
Analytical
Exacting
Logical
Methodical
Fact-Finder

=

Example of A “Blended”
Combination DISC Style

Dominance & Conscientious

Competitive	Responsible
Task Oriented	Factual
Focused	Resilient

Tiger Woods is a good example
of the D&C Combination Style

The Profile Covers These Areas of Your Golfing Personality

- Golf Temperament
- Pre-Round Preparation
- Thought Processes When Playing Shots
- Course Management & Shot Selection Tendencies
- Learning & Communication Style When Working With Instructors
- Golf Fitness Mental Tendencies

Samples of strategies included in the profile

- Using positive self-talk to generate positive energy throughout the round
- Developing an effective pre-round routine for getting your rounds off to good starts
- Using visualization skills to sharpen your focus over the ball
- Resolving indecision before addressing the ball to increase commitment to the shot
- Using relaxation techniques to reduce excessive physical tension over the ball

- ❑ Simulating on-the-course situations to get lasting improvement out of practice sessions
- ❑ Setting the type of goals that are best suited to your golf personality style
- ❑ Understanding your preferred learning style to make the most of your time with instructors
- ❑ Using course management strategies best suited to your golf personality style

In Closing

- Review your report with highlighter and pen or pencil in hand and make notes as you go.
- Decide on the key strategies you (and perhaps your coach) feel will have the highest payoff for you.
- Capture your key strategies by writing each one on an index card.
- Take a few minutes to review your cards before every round & practice session.
- You will improve through greater awareness and consistent use of the key strategies on your index cards.