

10 reasons why you want to work with me



1. I trained with the world's best in understanding how your mind and body affect your emotions and how to manage them to get better results and qualified with **distinction**. That's why the techniques I use work and **you get great results!**
2. You want a surgeon to have clean hands! Having been **extensively coached** myself, I will not limit what others can do by my own limited beliefs / negativity. I'm still very committed to my ongoing development and improvement, so I remain very positive and **keep materials fresh** with new things. My **language is very clean** and accurate, so I don't accidentally put negative thoughts into someone's head!
3. Delivery style – it's not just about theory and information. I use pictures, metaphors and stories that are **easy** to understand, remember and apply. We are driven by our desire to feel good. That's why I communicate with people on an emotional level, rather than just an intellectual one, so that **things stick in their mind**.
4. I use **different techniques** to other sports psychologists. The ones I use help people to **change the way they feel**. I'm not just telling them what to do – I help them feel good about the changes. This is important because if someone doesn't feel comfortable about doing something then they won't do it effectively.
5. I'm a little younger than most sports psychologists which means more **enthusiasm, energy, a better connection** with younger players and less cynicism / inflexibility.
6. My passion and commitment to help others improve combined with my training means that we'll find a way to **make it fit for you**. I believe in delivering more than people expect and I'm always prepared to go the extra mile to get you there.
7. I'm a firm believer in **ongoing support** so that things are practiced and applied successfully. I've written **books** to help people remember what they've learned, and am developing an audio programme to aid further conditioning. I'm also available for **1-2-1 support in person** (rather than just on the phone.)
8. I have 20 years of golf experience, over 10 years of experience of working long hours, including working and studying part time - and finding time to practice and achieve goals. I also have experience of personal injury and recovery. I can therefore **empathise with players in similar circumstances & share my solutions with them**.
9. I have a **very good knowledge of health, fitness & nutrition** – again I walk the talk. I lead a very healthy lifestyle in terms of eating habits, exercise and **managing stress**.
10. **People feel comfortable talking to me** as they can see that I'm genuine. I'm determined and driven, but still have a friendly approachable manner and a sense of humour! I'm a calming influence who is good with different types of people. Furthermore, I've always been very solution orientated and **I'm excellent at finding ways to get through to you, so that you get where you want to be**.