

Are you a player? Or are you a spectator of your game?

Athletic thinking is using all your senses to make a shot choice. Executing the shot requires you to diffuse all that information and walk into the experience.

When you are self conscious, you are no longer being a player. You are being a spectator to your own game . . . you are without your senses. Here is an example of being a spectator to your own game. This is a typical example after being numbed out from 5 weeks of grinding for perfection on the LPGA tour.

I walk up to the shot and start going through my checklist unimaginatively, as if it was a mechanical procedure. Got 150 yards to the center pin, a carry of 142 yards, into wind 5 yards, ball sitting down; hit a little fade into pin because I want the heel to slide, add a couple yards for open face ... end of stats for this shot. What do I do? I overcook the fade and whine because I am in the bunker. How did I mentally miss? Where was my attention??

This is my offer to participate in my flexible focus study. The Open Focus™ technique allows you the command of how to pay attention to your attention; it's the easy redirect to engage all your senses to being present in your golf shot. More wins!

Do you think like an athlete?

Do you speak "athlete" in the mind chatter that goes on in your head all day?

Think about athletes who consistently experience greatness in their sport. Attention to attention is the key element that allows the athlete to integrate passion, mind, body and spirit into a peak experience, and then repeat it again and again.

It takes: ✓ practice ✓ coaching ✓ awareness ✓ focus

Being flexible in your focus and attention creates your peak performance in:

excelling in work, dealing with people and circumstances, managing stress, enjoying life, creating happiness, making a difference for yourself and others.

I know the performance of my golf athletes and ease with which they attain higher skill levels is enhanced with my flexible focus techniques, or being in Open Focus™.

I love Open Focus™. Athletes, singers, chefs, writers easily move between styles of focus as we perform at our best. Attaining this peak performance, 'in the zone', on demand performance becomes a problem without a mental exercise regimen keeping our brains running smoothly in THIS present moment.



What separates the great from the good, the ability to perform on demand, to attain excellence when called to do so? From my experience as a 2 time LPGA champion, it is being in the moment as you command yourself to do so . . . as I now am able to teach others this flexible focus to enable them to be 'their own coach' to achieve their excellence!

My goal now is to document case studies involving golf pros as well as other professions. I want six male and female amateurs to be coached by myself in flexible focus techniques. I want to document when are amateurs susceptible to a lack of performance and when do they need to be at peak performance and how to teach them the athletic thinking to achieve their success on demand. I am presenting this case study beyond my golf students to tri-athletes, baseball players, musicians and those who suffer from pain such as migraines and fibromyalgia.

623-877-8559 www.pennypulzgolf.com [Penny's Bio](#)

START DATE: Thursday August 26 or **START DATE:** Sunday September 5

Time: 9:00am – 4:30 pm

Place: Penny Pulz GOLF Academy, 9433 N. 107th Ave, Sun City AZ

Time commitment:

- 2 months in length
- 10 NeurOptimal™ neurofeedback sessions
- Three private coaching sessions
- purchase Flexible Focus Workbook , \$15, on first day of study
- 2 one day seminars
- Daily mental practice
- Buy 'The Open Focus Brain' book by Dr Fehmi

Lunch is not provided on day of seminar. There are several restaurants nearby.