

---

## Mental Athletics

1. Stay in the "NOW".
2. Let it happen naturally.

Do you think like an athlete?

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

Sport may be for you, sport  
may not be for you . . . But  
creating and being aware of  
your own outstanding  
moments of greatness **is**  
for you.

*Peak performance is what we all  
want:* in our relationships, in our  
work, in our contributions.

### **Testimony:**

Able to identify self conscious and  
nervous thoughts on the golf course and  
diffuse them prior to my normal pre shot  
routine. find it easier to be at peace on  
the golf course. Thinking about task at  
hand not end result or round score or  
consequence of bad shot.

Mitch  
training for PGA tour



---

Every day, in every way,  
you can pay attention  
to your life (and in your life)  
like an athlete attends  
to the elements that create  
Peak Performance.



Penny Pulz

2 Time LPGA Champion  
Named Top 50 Teacher  
Golf For Women / Golf Digest  
Magazine & LPGA 2004, 2008



I receive comments of feeling "refreshed",  
'rejuvenated' and 'clear headed' after training.  
It is very gratifying for me to be able to offer  
this service to others.

I wanted to be able to explain and teach how I  
achieved my own peak performance in my  
professional golf tour career which naturally  
transferred to my daily life in work and leisure.  
Flexible Focus is that teaching vehicle.

Academy@pennypulzgolf.com

623.877.8559

www.PennyPulzGolf.com

Located at Palmbrook Country Club

9350 W Greenway Rd, Sun City, AZ 85351



contact info



## Training Mental Athletics

Transforming your confidence  
to attend in the moment . . .  
coaching yourself in daily life

for

**PEAK PERFORMANCE**



623.877.8559

---

You are responsible for  
how you pay attention  
and how you pay attention  
can change your life.

In Flexible Focus, Penny will  
teach you the basics of  
focus and attention,  
and how you can  
**coach yourself for  
peak performance in:**

- Excellence in sport execution
- Excellence in work performance
- Managing pain; migraines, panic attacks, stress
- Enjoying life
- Dealing with people
- Creating happiness
- Making a difference for yourself and others.

#### **Testimony:**

... being more tolerant in different situations that could have upset me; I've just been able to tolerate and adjust. Ability to handle situations is becoming much easier. Focusing differently, being in control and in touch with what is happening.. in the moment. Greg  
low handicap golfer



[www.PennyPulzGolf.com](http://www.PennyPulzGolf.com)

## Flexible Focus Is a process

Transform your confidence  
to attend in the moment  
and coach yourself  
in daily life.

## Open Focus™ Is a place

Attain attentional flexibility  
for Peak Performance

#### **Testimony:**

I am fast-twitch person, in every regard. Thinking. Moving. Fast! I have long struggled to manage the speed at which thoughts race through my mind. I'd have so many exciting thoughts and ideas but I was never able to capture them all ...

While on a cross-country flight, thoughts were flowing seamlessly ... I was not overwhelmed by the excitement of the "detail flood" because it was an orderly one ...

Never before had such a session been rejuvenating in this way. Never before had such a session lasted 4 hrs.

In those moments I was in control of myself without exerting control. A welcomed gift to myself, from myself. Andia, Professional Athlete



#### Learn to:

- Identify styles of attention and YOUR main styles of attention
- Find Open™ Focus anywhere, anytime, any day
- Become your own coach

Consultation & Evaluation \$150

Consultation & Evaluation with neurofeedback session, MP3 exercise files, coaching  
Open Focus™ exercise \$210

Flexible Focus Coaching Package  
after initial consultation \$105 p/ session  
\$95 w/ series

Flexible Focus Workbook \$15

Flexible Focus Workshops available

**Academy@pennypulzgolf.com**

**623.877.8559**

Located at Palmbrook Country Club  
9350 W Greenway Rd, Sun City, AZ 85351