

SUCCESS STORY

CUSTOMER CASE STUDY

Golf & Sports Performance



CHALLENGE

Barry and his son, Sam, came to Performance In Motion for help with their golf games. They enrolled in the program together so they could learn how to self-coach and coach each other more effectively. Barry also wanted some insights into how he could maintain his focus on work, while still paying attention to health and fitness. As one of the top doctors in his field, he has understood how to focus and accept great challenges since his college career, but he wanted help managing time for himself while balancing his work and family goals.

SOLUTION

Stuck on grip, stance, and swing, as a result of typical golf lessons, Barry and Sam didn't realize how they could get beyond the techniques of golf to define and redefine their targets and goals. They first met with Dan DeMuth at a restaurant, where they had a conversation about how they could shift their thought processes when playing the game from the traditional formulas to new ways of being creative on the course.

In the Performance In Motion program, they learned to focus on the strategies of the game, rather than techniques, and also discovered how to define their goals both on and off the course. Even before Performance In Motion, Barry's business was doing well, but he wanted to achieve fitness goals that he wasn't making the time to address. Through clear dialogue about what issues were most important and what needed to be changed, he came up with solutions for time management so he could achieve all of his goals in work, family, and golf.

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Benefits

Barry played his first 18-hole round after the initial conversation with Dan and scored his lowest round ever (5 strokes lower than before). He took a trip down to Florida during the program and found himself at 2-under par through eight holes on the back nine. On the last hole, he found himself on the middle of the fairway after his first drive, and he started to think about the outcome. If he got a par on the hole, he would crush previous low for nine holes and put him at 34. He ended up scoring a 7 for the hole. It was still his lowest round ever, and he recognized that he could use this breakdown on the 18th as a learning experience for how to do things differently in the future.



Low rounds happen.

He continues to manage his time with his family, work, fitness, and healthy eating so he can enjoy the benefits of a balanced life. He's beginning to recognize how he can grow his business by working smarter, but not necessarily costing himself more time. Meanwhile, Sam was able to shift his focus from grip, stance, and swing, to the target. He is now playing the game he already knew how to play, and has gotten back to form as an elite high school golfer.

Learn more today about how Performance In Motion can help you unlock the true potential of your athletic or business performance:

Visit PerformanceInMotion.biz



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To find out if performance coaching using the medium of golf can help you to better achieve your goals, please contact Dan DeMuth at Performance in Motion, at 763-513-9285 or dan@performanceinmotion.biz.