

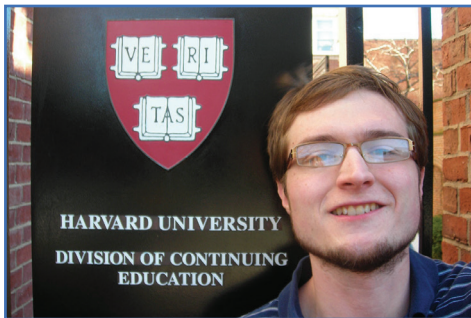


PERFORMANCE
IN MOTION

SUCCESS STORY

CUSTOMER CASE STUDY

Golf & Sports Performance



CHALLENGE

Before enrolling in Performance In Motion, Jason had tried conventional golf lessons for years with limited results. Instructors worked with him on mostly mechanical issues, but had not addressed mental changes that needed to be made to improve his game. From time to time, Jason would become nervous playing around people he did not know. He also lacked a strategy for how he could score the lowest. Being fed up with these ‘traditional’ coaches, Jason tried self-teaching for a short period of time. However, after failing to make the ninth grade team at his high school, he realized he needed a coach with a different philosophy than those he had worked with in the past.

SOLUTION

After reading about Dan DeMuth in a magazine article called “The Golf Whisperer,” Jason decided Performance In Motion was the right choice for him. Dan taught Jason tangible messages about the game that helped him see his own potential. While learning techniques for success in golf, like focusing on the target and effectively planning out the round, Jason also learned valuable concepts for life, such as looking at new possibilities and making goals. Over time, Jason built up his confidence on and off the course. He no longer feared stepping up to the first tee – an image that also served as a metaphor for what his mother called, “significant life transformations.”

CUSTOMER CASE STUDY

Benefits

In Jason's first full season of high school golf after his personal breakthroughs with Performance In Motion, he dropped his handicap 16 strokes. After failing to make the ninth grade team in the previous season, he had the opportunity to play a couple of matches for the varsity team.

The breakthroughs kept coming in his junior year of high school, when he played full-time for the varsity team and was named his school's most improved player. He kept raising his goals, and soon found himself shooting low rounds of 33 for nine holes and 72 for 18 in his senior year.



Indoor training - both the physical and mental

Jason was also able to relate some of the key concepts from Performance In Motion to his high school work. He remained in the program through college and became an honor student within one year at the University of Minnesota. He not only graduated, but also went on to study his doctorate degree at Harvard. Although he chose not to play golf in college, he continues to play today and enjoy rounds with family and friends, as well as occasional amateur tournaments.

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.