

SUCCESS STORY

CUSTOMER CASE STUDY

Golf & Sports Performance



CHALLENGE

Steve M. enrolled in Performance In Motion because he believed the mechanics of his swing were restricting his performance and score on the golf course. He felt like he no longer knew how to play, but did not know which steps to take in order to change.

Steve set ambitious goals for his game, with the most important goal being to reduce his average score from 115 to 80. What he did not know was that, in order to successfully achieve his desired results, he needed to do more than just examine his swing – he also needed to rethink his approach to the game instead of focusing on the traditional intentions of why he played.

SOLUTION

Steve's initial reasons for playing golf included winning, shooting low scores, looking good to others, and showing off his game. However, after enrolling in Performance In Motion, these reasons changed. By going through several exercises in the simulated hitting and putting area at the Performance In Motion studio, he learned that there were more effective techniques to achieving success on the course than those he was using.

The studio environment was instrumental in his breakthroughs. He was able to try new things without being judged or feeling self-conscious. By doing the “club throw” exercise, where the golfer releases the club during the swing, Steve learned the technique of focusing all of his energy on where he wanted the ball to go (his target), rather than the ball itself. In the process, he also loosened up and found his true swing without the help of mechanical adjustments.

Going through a series of putting exercises, including hitting putts with his eyes closed, one-handed, and looking at the hole instead of the ball, he learned there may be more than one correct way of doing things. This helped him become more creative on the course and see all of the possibilities in a given situation.

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Benefits

Throughout the course of the program, Steve developed new intentions, like focusing on the target, having fun and playing with a purpose, being creative and playful on the course, and enjoying the experience. After one year of applying what he learned at Performance In Motion on the course, he noticed great improvements in his game.

By allowing himself to play golf creatively, his focus centered on enjoyment and fun instead of outcome and score. While creating freedom for himself within his game, he was also accomplishing his primary goal of reducing his score – he played four rounds in the 70s and improved his handicap from 22 to 9.6. His average greens hit in regulation went from 3% to 39%.

Another important insight for Steve was learning that he could trust his swing. He realized that it was not his swing mechanics “that needed to be fixed.” Instead, he needed to allow his natural swing to emerge. The change of focus from the swing to the target allowed him to focus his energy on where the ball was supposed to go.

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

Visit PerformanceInMotion.biz



PERFORMANCE
IN MOTION

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Studio set-up for the putting discovery overview.

Because of Steve’s success in Performance In Motion, he now finds his golf intentions and goals present his personal and professional life. He can apply the concepts of awareness, focus, and possibilities to help him achieve extraordinary results in what he sets out to do.

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.