

AHEAD IN THE GAME

www.aheadinthegame.ca

Mental Performance Packages

2017 Development Packages for Golf

Mental game development is an investment in your golf game and yourself.

Ahead in the Game offers the perfect way to gain insight into your own mental game.

We have a proven process to target improvement.

We can identify your most likely “mental mistakes” under pressure.

We can help you develop the focus to take strokes off your game.

Option 1

Package includes an established performance inventory, to measure concentration skills and create the building blocks of mental performance.

With the interpretation of your performance profile, you will receive clear recommendations to utilize your strengths. You will also receive strategies to avoid mental mistakes in tournament situations.

\$225.00 plus HST

“Through both group sessions and private sessions, Tara helped me get over the hump of being a player with potential, to one who is able to tap in to that potential more often and at the most important times.”

– *Martin O’Brien, 2013 PEI Amateur Champion, and Four time Island Open champion (combined 30 under par in those 4 wins)*

Option 2

This package includes the established performance inventory at left.

In addition, it will also include three (3) individualized mental performance training sessions. Sessions will focus on:

- mental skills development in key areas
- performance under pressure
- process for establishing pre-competition thinking strategies

\$575.00 plus HST

“Tara Costello has been an integral part of the PEI High Performance Golf Team for the last few years. Our players have been able to adopt personalized mental strategies to play their best because of her expertise”

– *Sean Joyce, PGA, Head Coach, PEI High Performance Golf*



Have your **best** day, on your **biggest** day.

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