

## CONTACT RICK TODAY

to schedule a complimentary consultation to see how Rick can help you achieve your golf goals.

**RICK SESSINGHAUS, PSY.D, PGA**

Email: Rick@RickSessinghaus.com

Skype: rick.sessinghaus

**818-517-9593**

P.O. Box 11473, Burbank, CA 91510

*"Rick has something many sports psychology coaches don't have...the ability to connect with his audience from the aspect of a golfer due to the fact that he is also a PGA professional. His program is extremely well thought out and his delivery rivals Steve Jobs"*

**DAVID WOODS | PGA Director of Golf**  
The Vintage Club Indian Wells, CA

*"Rick takes a comprehensive approach to the mental side of golf, which is invaluable and often overlooked with elite level junior and collegiate players. In just a short amount of time Rick has made a dramatic positive impact with our players. Coach Perkins and I look forward to continuing our progress with him and would recommend Rick's instruction to anyone who is looking to get to the next level in golf."*

**ERIC RIEHLE | PGA Director of Golf/Head Men's Coach**  
University California Riverside



The AthleteDISC, CoachDISC and Manager DISC profiles use proven profiling techniques and based on decades of behavioral research and many years of top level sporting experience. After completing your questionnaire, which takes just 7-10 minutes, you receive an in depth 44-page personalized report. Your report analyzes your personal style, strengths and limitations and gives you tools and strategies you can start using straight away.

No matter what level golfer you are, the importance of profiling in sport cannot be overstated.

**PROFILING CAN CLEARLY IDENTIFY THE FACTORS THAT WILL LIFT YOUR PERFORMANCE TO THE NEXT LEVEL. SUCH AS:**

- Your unique motivators
- Your preferred communication style
- Your most effective training environments
- Style of coaching you best respond to
- Your personal strengths
- Areas to focus on for improvement
- Team dynamics

**ATHLETE ASSESSMENTS' ATHLETEDISC PROFILING WILL:**

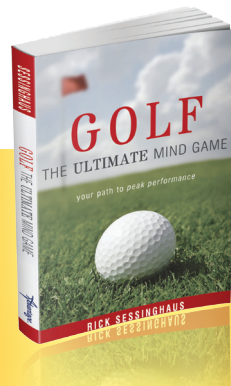
- Take the guesswork out of your performance and the behaviors that get your best results.
- Show you how to build on your strengths.
- Identify and address your limiting behaviors.
- Improve your communication with your coach and teammates.
- Provide you the opportunity to get honest feedback from your coach, teammates and others.
- Help you reach your full potential!



**Rick Sessinghaus**  
"GOLF'S MENTAL COACH"

**Rick Sessinghaus, Psy.D,** is known as "Golf's Mental Coach". He is the expert on the mindset principles that make or break performance on and off the course. His coaching has helped top junior, collegiate, and professional golfers reach new levels of performance. Rick's book **Golf: The Ultimate Mind Game** has been featured in national golf magazines and used by leading golf instructors across the country as the "best resource to improve your mental game."

- Member of the PGA (*Professional Golfers Association of America*)
- Doctor of Applied Sports Psychology
- Certified Master Trainer of NLP (*Neuro-Linguistic Programming*)
- Mental Game Certified Professional
- Certified Practitioner of Athlete Assessments' DISC Profile
- 2008 Southern California PGA Metro Teacher of the Year
- Named Golf Tips Magazine Top 25 Instructors in America



**GOLF:**  
*the Ultimate Mind Game*

In Rick's book, *Golf: The Ultimate Mind Game*, he maps out the mental and emotional skills needed to play your best golf.

Throughout this book you will be learning the latest performance psychology skills to improve how you perform on and off the golf course.

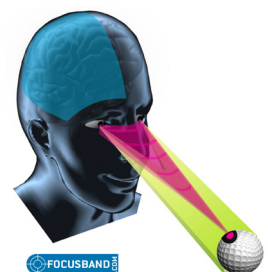
## WITH MY COACHING, A GOLFER WILL IMPROVE IN THE FOLLOWING AREAS:

- Sustaining motivation
- Focusing despite distractions
- Controlling emotions
- Preparing for competition
- Performing well under the most extreme pressure
- Becoming mentally tough even when obstacles arise
- Develop winning routines
- Identifying the beliefs and attitudes that hinder your performance
- Shattering the mental obstacles to break through your performance barriers
- Mastering proven mental strategies to give your performance a boost!

The most challenging part of coaching the mental game is making the skills tangible to the golfer. Rick Sessinghaus uses the Focus Band to help golfer train to get into the zone. This key area gets the golfer from thinking to doing. What is powerful is that the golfer can wear the Focus Band while hitting golf shots.

### THE FOCUS BAND MEASURES:

- Brainwave frequency
- Focus
- Facial tension
- Analytical/Anxiety- left side of the brain
- Mushin state- right side (subconscious) of the brain
- Quiet Eye



[WWW.RICKSESSINGHAUS.COM](http://WWW.RICKSESSINGHAUS.COM)