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► **MENTAL GOLF PROFILE**

PRINT PAGE

Mental Golf Workshop Profile

IMPROVE YOUR SCORE NOW!

A unique ONLINE profiling system dedicated to HELPING golfers and instructors IMPROVE the mental aspects of playing GOLF.

Dana Rader Golf School is pleased to announce our affiliation with the Mental Golf Workshop Profile. For some time, we have felt a need to offer our students a mental golf resource to compliment the instruction we do on the physical side of the game. The Mental Golf Workshop profile fits this need and we highly recommend it to our students.

About the Profile

The Mental Golf Workshop™ Profile was developed by Bobby Foster, formerly a teaching professional and golf coach at the University of South Carolina. While at South Carolina, he coached in both Men's and Women's NCAA championships. Bobby has spent the last 15 years building a successful management consulting practice and is a Certified Behavioral Analyst specializing in the DISC Behavioral Style Model. He explains the purpose behind the development of the Mental Golf Workshop™.

"My company has had great success using DISC-based work related profiles to help managers, salespeople and others improve their personal effectiveness in all types of working environments. The key to this success is that profile information is based on a person's own responses to a questionnaire and the information produced is personalized. People tend to be more open-minded towards information based on their own input than they are with evaluations based on others' opinions. Most people are interested in self-discovery processes, and profiles are great self-discovery learning tools.

I built the golf profile system so that golfers and golf instructors could enjoy the same benefits we've experienced with work related profiles. I wanted to build a profile system that would give golfers a framework for understanding the "what's and why's" of their mental golf traits, and our DISC based golf profile does just that. I also wanted to provide improvement ideas tailored to each person's individual golfing personality and ideas they could implement right away.

Far too often, golfers improve their ball striking and short game abilities by practicing and working with instructors, but these improvements don't carry over to the golf course. Most players realize this problem is "in their heads," but they don't really know where to start in improving their mental games. Our profile puts golfers "inside their own heads" and they gain a clearer understanding of what really goes on in their golfing minds.

Touring professionals work with sports psychologists and coaches on the mental aspects of their games but most golfers don't have those opportunities. Our profile enables golfers to coach themselves and also equips golf instructors to better understand the minds and learning styles of each student."

Now that we have covered the purpose behind the profile, here is the outline of the Mental Golf Workshop™ profile process.

The first step is to follow on of the links below to take the profile. Then you'll spend about ten minutes answering seventeen multiple-choice questions on the online questionnaire. Your answers go through a series of mathematical computations to produce a 21 page customized report

detailing your tendencies.

Your personalized profile will detail your mental tendencies in these five key areas of the game.

- Preparing For The Round
- Mental Tendencies When Playing Shots
- Golf Temperament
- Course Management And Shot Selection Tendencies
- Working Most Effectively With Instructors Based On Your Learning Style

In the first section of your profile, you'll find five pages detailing your mental golf tendencies. To date, our test groups - including touring professionals, golf instructors and club players of all levels - have been delighted with the accuracy of their profiles.

After you review your present mental tendencies, you'll find ten pages of mental golf improvement ideas and many of these improvement ideas will be customized based on your DISC style for each area of the game. We suggest reviewing all of the ideas and then selecting a few at a time to incorporate into your practice session and as you play on the course. The ideas are written with the intentions that you can implement them right away.

The entire 21-page profile printout is produced in a "workshop" format, with every page having space to make notes and record your progress. This "workshop" format makes it easy to work with the profile by yourself or with your instructor in a mental coaching session.

Developing the profile required two years of research and rigorous testing, and hours upon hours developing the mathematical formulas that drive our proprietary scoring system. Please benefit from all of our research and work by completing the response form and then working with your profile by yourself or with your instructor. We're confident you'll find the process easy to use and the feedback on your mental golf tendencies to be comprehensive and the recommendations you receive to be ones that you can begin implementing right away. As Dr. Greg Rose, Co-Founder of The Titleist Performance Institute advises, "The beauty of this system is that our players get an accurate and comprehensive report without having to spend hours completing laborious questions. You sure get a lot for the time and money you invest in this process."

Three Day Golf School Students click the link below to take the Mental Golf Profile.

[Take the Profile >>](#)

All other Students click the link below to take the Mental Golf Profile.

[Take the Profile >>](#)

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