

W.I.R.E.D.™ FOR GOLF

••• *wiring the mind and the body to produce effortless performances* •••

Dr. Fishbein's groundbreaking methodology has effectively improved the performances for thousands of golfers around the country. W.I.R.E.D. for GOLF has been used with top amateurs on the high school and collegiate level, as well as the professional athletes affiliated with local, Nationwide, and PGA Tour professionals. While we would all agree that elite golfers are blessed with some incredible talent, we should also assume that it is not their talent alone which produces their greatness on the course. The players with whom Dr. Fishbein has worked have learned how to use the mind-body connection to maximize their abilities, both innate and learned, to bring out their best performances. *W.I.R.E.D. for GOLF* is a seminar that helps remove the obstacles interfering with such performances, and uncovers the true potential a player possesses on a more consistent basis.

WINNING (WITH): IMAGINATION, RECOLLECTION, EXPECTATION, and DEDICATION

WINNING: *“the process of learning how to attain success using the talent you have”*

- Win everyday in order to create a habit and improve your talent
- Use the wiring you have created

IMAGINATION: *“the language that the mind uses to communicate with the body”*

- See the improbable and make it possible
- Understand the power of imagery and visualization
- Learn how to use your senses to maximize the visual process
- Incorporate your right brain to increase confidence and improve performance
- Pre-Competition Preparation

RECOLLECTION: *“the power of recalling to the mind what the body already knows”*

- The W.I.R.E.D.™ Philosophy
- Make the nervous system your ally instead of your enemy
- Use your instincts and get out of their way
- Learn how the conscious mind can hurt you and the subconscious mind can help you
- Learn the process of remembering the past and bringing it forward to the present
- Recall that which the body already knows

EXPECTATION: *“the act of looking to the future with optimism and confidence”*

- Cognition and its impact on emotion and behavior
- Learn how to explain events on and off the course in an optimistic manner
- Shift your thinking patterns from pessimism to optimism
- Increase your confidence by using your mind and body in the correct manner

DEDICATION: *“the art of sacrificing, preparing, and managing oneself for winning”*

- To the Moment (Mindfulness)
- To the Percent (Effort, Preparation, Motivation)
- To the Degree (Minor changes producing profound results)
- To the Process (What can we control? What do we focus on? What do we emotionally invest in?)

