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PERFORM

F O R S U C C E S S

Rick Sessinghaus, PSY.D, is a proven Mental Coach in both sports and business. His 20+ years of coaching has helped top junior, collegiate, and professional golfers reach new levels of performance, and his seminars and consulting with business teams and leaders has drastically improved their bottom line. As a doctor of applied sports psychology, he is an expert on the crucial performance factors that PERFORMers need to reach their goals, including the mindset principles that make or break success on and off the course.

As a sought after speaker and trainer for companies looking to improve the key skills of motivation, focus, confidence, and execution, Rick's PERFORM system for mastering the mental skills are used in his unique business training format. He is a Certified DiSC trainer, using a personal assessment tool to improve work productivity, teamwork and communication. This assessment gives you tools and strategies you can start using straight away.

Rick is a contributor for Golf Tips magazine and has been seen on Fox Sports Network as a mental game contributor. Rick's book Golf: The Ultimate Mind Game has been featured in national magazines and used by leading professionals across the country as a crucial resource to improve their mental game.

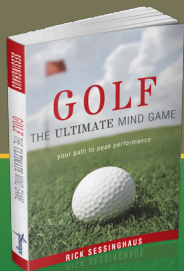
TESTIMONIALS

"I learned about the process of performance. The application to my business has improved my focus, clarity of communication, and managing my energy - all keys in a selling relationship."

T. COLLINS | World Financial Group

"The paradigm shifts and re-creating the right self-talk is essential if we are serious about making changes and improving our performance, whether in golf or business."

D. RIBBLE | The Company Image Inc.



GOLF: the Ultimate Mind Game

Rick Sessinghaus Psy.D maps out the mental and emotional skills needed to play your best. Throughout this book you will learn the latest performance psychology skills to improve how you perform on and off the course. You will learn to: Stay focused and block out distractions, Develop confidence in your abilities, Embrace pressure to play your best when it matters most, Reconnect with why you play so you can enjoy it, Develop a training program for your mind, body and swing.

Buy Now!

PERFORM

S Y S T E M

Rick's coaching philosophy revolves around his tried and true PERFORM system. Every individual, whether on the playing field or in the boardroom, is looking to improve their individual performance. This may mean closing more sales, delivering influential presentations, creating cohesive teams, or thriving under pressure while overcoming challenges and fierce competition. With Rick's PERFORM system, you are evaluated on your mental skill, behavior under stress and technical skills to uncover the best path for improvement. Following this system would lead to performing in the zone – the true state of peak performance.

In order to PERFORM you must:

- PURPOSE** Have a goal, a target and intention set for every PERFORMance
- EMOTION/ENERGY** Maintain proper emotions and energy level during the PERFORMance
- ROLE** Define a role with clear intention of behavior for set expectations
- FOCUS** Focus on what is relevant in the present and what can be controlled
- OPTIMAL STATE** Believe in success with the needed confidence and attitude level
- RESILIENCE** Utilize the tools to overcome any challenges
- MASTERY** Take responsibility for your actions and results by creating a routine of PERFORM habits applicable no matter the situation

This system is about performance in life. All peak performers have traits that allow them to be the best in a certain area, unfortunately these same peak performers have a difficult time transitioning this to other parts of life. This leads to a frustrating, unfulfilling and unbalanced life. By utilizing the PERFORM system, you achieve peak performance in all areas of life leading to satisfaction, happiness and overall success. **Whether a keynote, half-day training or a workshop, hire Rick to deliver his high energy PERFORM system to meet your company's specific needs.**



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