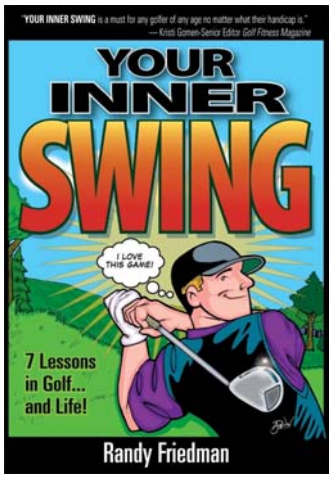
Randy Friedman

Speaker, Golf Mind Coach and Author

Who is Randy Friedman?

Competing in and teaching different competitive sports, early on in racquetball and later in golf, led to Randy's study in visualization and athletic mind power. After being a country club professional for many years, Randy created *Golf Mind Power LLC* to reach out and teach the masses how to connect the mental and physical game as a powerful tool on and off the golf course.

Through Golf Mind Power, Randy educates and enlightens people to go inside and ask themselves better questions. Her passion for life is evident the moment she takes the stage of an empowering corporate keynote or country club presentation. Every appearance is filled with inspiration that encourages the imagination to open and reach goals one never thought possible. Her book, *Your Inner Swing*, gets the reader to implement a new way of thinking into their golf… and life.



What is Your Inner Swing?

Your Inner Swing, 7 Lessons in Golf and Life, will raise your Awareness, elevate your Gratitude, and teach you how to deal with what arises on the golf course and off. We all have something we carry around with us called "*Baggage*", which is not labeled "good" or "bad", unless we choose to. Your Inner Swing (or your thoughts) shapes your outer swing (or your actions).

When you ask yourself better questions and learn to harness the power of your subconscious mind, you truly become the master of *Your Inner Swing.*

"If you have been searching for the mental edge that will help you elevate your game, you need to read Your Inner Swing. Friedman's book will equip you with simple, yet effective exercises to do on a daily basis to improve your golf game as well as your life." ***~ Karen Palacios-Jansen, Top 50 Teacher***

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Golf Mind Power

Presentation - Golf School - Mind Coaching

THE CONCEPT:

Bring mental game awareness into golf and corporate environments. Randy's *Golf Mind Power* philosophy and logical concepts in her book *Your Inner Swing*, encourages enthusiasm and a desire to play more golf and have more fun doing it. Students will learn how to effectively connect the mental and physical game to help them get out of their own way, and *play* the game versus *work* at it.

Golf Mind Power programs:

1) THE PRESENTATION: Unlimited in group size this 90 minute seminar is interactive, fun and enlightening. Randy's *Mind Power Stretching* (a concept in her book to clear out mental cob webs) is included as well as an engaging Q & A discussion. Randy connects with the audience to think differently about their game, to ultimately know what they want and to release what they don't want, on and off the course. *This is often presented the evening before the golf school.*

2) GOLF SCHOOL: Randy works with students on integrating mental concepts into physical reality. The mental game must enhance the physical to excel in any sport, especially golf. Students will effectively learn how to use mental stimulus and visualization to improve their physical game, from the pre-shot routine to inside the scoring zone. *Often integrated with the clubs current golf schools.*

3) *MIND COACHING: Every top athlete works with a mind coach to be their very best! Randy will come in (typically once a month) for the day to work with students on their mental game. Each session is 90 minutes - up to three students' maximum in each session.

**** STAFF BONUS**. In a private group session, Randy works with members of your staff on mental game awareness for themselves as competitors, teachers and team players in the company. This is always well received and a great internal motivator for success individually and as a group.*

Attention Meeting Planners:
To have Randy speak, teach and/or coach on any of the above aspects of 'Golf Mind Power', please contact Tracy Dalton at 865-809-5989 or booking@golfmindpower.com with a full email request.

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