

BREATHING IN LIFE

Randy Friedman

Speaker, Golf Mind Coach and Author



Randy stimulates our mental side of the game, cheers our inner wisdom and helps us look for opportunities from within.

When Randy speaks about going **Beyond limits of 'Your Inner Swing'**, her presentation is nothing short of dynamic, bold and awakening. Competing and teaching at the highest level in racquetball and golf as well as body building, Randy learned how to mentally breakthrough barriers to achieve her goals. Her natural way of sharing this powerful message introduces a new mental attitude and aptitude that goes beyond the sports arena and into life.

Can we change an outcome by understanding our beliefs, becoming more aware and acknowledging what brings us joy? Absolutely, yes! Randy guides us with her unique *Mind Power Stretching*® to open up our senses, our hearts and our lungs, to breathe deeply possibly for the first time.

Other Keynotes, Seminars & Coaching:

- Golf mind power: Opening the mental golf BAG
- Benefits of going Green, from tee to green
- Grade school to college sports: Inside the mental game



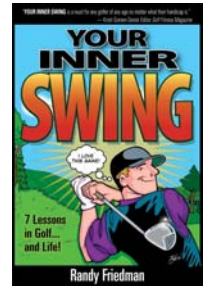
Randy is also available for corporate golf outings, clinics, and play with the Pro.

"As a speaker, Randy is the perfect blend of entertainer and mentor. Her knowledge is indisputable, her experience is impressive, and her ability to touch hearts and change lives is absolutely incredible. Randy is the real deal...a 5 star speaker and a 5 star woman!!"

**- Dr. Paula Fellingham
Human Relations Expert**

"Randy is a powerful speaker that relates to the audience with so many great messages! Her book, Your Inner Swing is excellent."

**- Wendy Elliott
Pfizer Animal Health**



"Randy has an abundance of positive energy when she speaks, and an invigorating bounce that is infectious. Her perpetual smile and true passion for what she does are terrific."

**- Dr. Kenneth Goldman
Stockton Partners Managing Director**

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