



MENTAL SKILLS FOR GOLF SEMINARS & WORKSHOPS

With Vicki Aitken

Learn how to **THINK** better on course
so you can **SCORE** better!

Vicki Aitken in brief:

- Vicki was "The Sport Psychologist with the Ladies European Tour" from 2001 to end of 2007.
- Bachelor of Arts degree in Psychology (University of Auckland)
- Post Graduate Diploma in Sport Psychology and a Masters of Physical Education degree in Sport Psychology (University of Otago).
- Accredited with BASES (British Association of Sport and Exercise Sciences) and member of SESNZ
- Has played at the competitive amateur level both junior and senior
- Writes a regular golf psychology column for the New Zealand Golf Magazine since 2000
- Co-author with Dr. Dan Weigand of the book "Caddy-Talk: Psychology of Being a Great Golf Caddy"
- The current sport psychology service provider to New Zealand Golf and the NZ PGA
- Vicki has worked individually with over 56 players on the LET as well as professionals on the European Tour, European Seniors Tour, Challenge Tour, Euro Pro Tour, Australian Ladies Professional Golf Tour, the US LPGA, US Futures Tour, SAS Masters Tour as well as many elite through to club level amateurs

AN INTRODUCTION TO GOLF PSYCH: THE PLAYING & PRACTISING ATTITUDES

With VICKI AITKEN

Intro to golf psych is a workshop for golfers of all levels and abilities.

Friday 22nd July 7.15pm – 8.45pm
\$35 per person

Venue: Miramar Golf Club

Register: with Renee 04 801 7651

Or for more information visit www.vickiaitken.com

INTENSIVE COURSE

FundaMentals to Golf Psychology

With VICKI AITKEN

This course starts with the introduction workshop group and carries on at the practice range where you get to put into practice what you are learning. This course is must for all golfers.

Friday 22 nd July	7.15 - 8.45pm Intro to Golf Psych
Saturday 23 rd July	8.30am – 9.15am Shot Consistency Part1
	10.45am – 11.45am Shot Consistency Part 2
	12.00 – 2.00pm Practical Sport Psych skills

\$200 per person Venue: Miramar GC & Silverstream Driving Range

Register: with Renee 04 801 7651

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ADVANCED FOLLOWUP WORKSHOPS

With VICKI AITKEN

These workshops are ongoing training for all golfers who have attended the FundaMental course.

Play 9 Holes with Vicki

Get Feedback on your mental performance. Limited to 3 people.

Sunday 24th July 10am-12.30pm

\$100.00 per person

Motivation and Concentration Workshop

How to keep yourself playing to the best of your ability

Sunday 24th July 1– 3.00pm

\$75.00 per Person

VENUE
Miramar Golf Club
Book NOW
Ph: 04 801 7651

Or for more information visit
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