



Limitless

Teen Golf Class Syllabus



Week 1: Energy – Making the Intangible, Tangible

By understanding energy and how it is at work in every minute of their lives, athletes can begin to use it to perform better with less effort. During this class we will discuss the two main types of energy and how they can actually create their energy as opposed to being victim to it.



Week 2: Energy Advanced – I Get It, But How Do I Shift on the Fly?

This week we will take a deeper dive into the 7 different levels of energy in detail with attention to the thoughts, emotions and actions that accompany each level. We will discuss when and how each level of energy is most useful. This week will include a fun survey testing their ability to spot the varying levels of energy.



Week 3: Individual Energy Leadership Index Assessment Debriefs *(No Group Class, Individual Meetings with Athletes and Parents)*

We will not meet as a group this week, but instead will set individual appointments to debrief the Energy Leadership Index Assessment. This assessment is designed to quickly open the discussion to ways of dissolving personal limitations. I use this with ALL of my individual clients regardless of age or profession. Parents are encouraged to attend.



Week 4: Confidence – Create It, Maintain It

Athletes always crave more confidence, but the issue is that until they have been successful, they don't think they can create/have confidence. We will unpack the beliefs that don't serve the development of greater confidence. This discussion will lead to an understanding of the two types of confidence, one which is available all the time regardless of experience or knowledge.



Week 5: The Plan – Create It and Prepare to Adjust

The only thing guaranteed in any round of golf is that the unexpected/unintended will occur. We will discuss creating a plan for tournament play and then talk about what to do when golf doesn't go according to plan.

**This shortened Limitless course is only available to participants of the Winter Program at Cantigny as they have already received 6 weeks of training with Monica.*
