LPGA Midwest Section Webinar

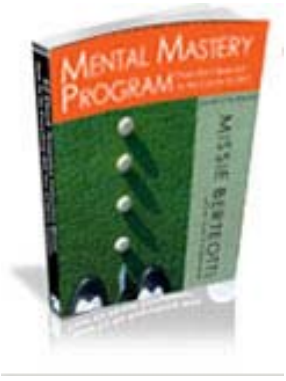
Mental Mastery

Wednesday, January 9, 2013

11:00am-1:00pm EST

Presenter: Missie Berteotti

We all know that Mental Mastery in the game of golf is important, but do you actually teach it? You can learn how to teach it most effectively—without it becoming that "rant" about how you, as a pro, deal with pressure in tournament play. Discover how to host a "mental toughness" clinic or class for your students…both juniors and adults.



After this webinar, you will be able to offer your students new golf skills, such as: how to trust yourself, how and when to train, training with a high level of awareness, and practicing being present. Find out how to look at mistakes, relate to failure, and deal with a bad break. Discover how to let go of anger, learn how to ask for what you need, how to communicate openly, how to NOT TRY too much. Learn how to REALLY take care of yourself and how to refuel your whole self. That is where you will rise to be the champion you want to be! And that is where the game of life is too!

This program is about all the ESSENTIAL CONVERSATIONS your students (and you) need to perform and become the best!

Some critical topics that will be covered include:

- Responsibility
- Confronting Fear / Failure
- Worry About Looking Good
- Are You Coachable?
- How to Trust Yourself
- Laughing / Forgiving Yourself
- Perspective
- Communication
- Persistence
- How to be Present

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About Missie Berteotti

Missie is an LPGA Class A professional and former LPGA Tour Player. She coaches and gives lessons at Cool Springs Golf Center and Rolling Hills Country Club in Upper St. Clair, Penn. After graduating with a degree in Finance from the Univ. of Miami, Missie qualified on her first attempt for the LPGA tour. In her 7th season, she recorded her first victory, winning the Ping Welch's Classic in Boston. After touring and playing for 14 years, Missie decided to focus on coaching golf and spending more time at home with her family and newborn son.

During her career, Missie had worked with many golf coaches and fitness trainers to seek improved performance, including Dr. Bob Rotella, who helped her hone her ability to focus and trust. Missie was certified in Iyengar Yoga as an apprentice teacher in 2003. From 2006 to 2008, Missie coached a leadership program for Landmark Education, a global educational company that focuses on mentally training and developing individuals and organizations. She also studied with Fred Shoemaker and his Extraordinary Golf Schools. In 2009, Missie continued to learn more about the body by obtaining her National Certification in Therapeutic Massage. In 2010, Missie became a TPI Certified Golf Fitness Instructor and in 2011, she passed her certification test and became a member of the National Golf Coaches Association.

(scroll down for registration form)

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Registration Form

WK13-M1 Webinar ~ Mental Mastery

Wednesday, January 9, 2013 **11:00am - 1:00pm EST**

LPGA Members	Non-Members
☐ ✓ $50.00	☐ ✓ $75.00

Registration Deadline: Friday, January 4, 2013

Name:_____ **LPGA ID #:**_____

PGA Classification:_____ **PGA ID #:** _____

Mailing Address:_____

City:_____ **State:**_____ **Zip:**_____

Employer _____

E-Mail:_____ **Phone:**_____

Method of Payment: ☐ **Check #**_____
☐ **Mastercard** ☐ **Visa** ☐ **AMEX** **Amt. To Charge: $**_____

Card #:_____ **Exp. Date:**_____/_____

Cardholder's name as it appears on the card:_____

Signature:_____

I understand and agree to abide by the following:

Payment Policy: Payment for the full program fee in **U.S. funds**, made payable to the LPGA T&CP Membership, must be included. Payments will be processed upon receipt.
An insufficient funds or returned check will incur a fee of 50% of the check amount or credit card charge plus a $25 U.S. bank charge.
Cancellation Policy: The program may be cancelled due to lack of the minimum number of participants required**. Cancellations received** two weeks or less **from the date of the program, and no-shows, will** forfeit 100% of the program fee.

Mail registration form with payment to:

or FAX to: 386-274-1099
or SCAN and email to gwen.checho@lpga.com

Attn: Gwen Checho
LPGA
100 International Golf Drive
Daytona Beach, FL 32124-1092

Note: You will be sent instructions for participating in the Webinar with your registration confirmation.