



www.mzcoach.com

The Brian Flugstad Golf Academy is pleased to announce its partnership with Mental Zone Coach. MZ Coach is the first of its kind online sports psychology coaching web based platform.

Rick Sessinghaus, co-founder, is one of the top Sports Psychologist in the country. What makes Rick unique is his background. He started out as a PGA Instructor. After realizing the importance of the mental side of golf, Rick went back to school and earned his Doctorate as a Sports Psychology Coach. I have done my personal vetting with Rick via...numerous phone calls, emails, reading his book and meeting in person. I am very confident that this partnership will help you transform your game and take it to the next level!

This is your opportunity to work with us both in your mechanical and mental game, to help you acquire the physical and mental skills needed to play your very best. In your partnership with MZ Coach and the Brian Flugstad Golf Academy you will learn to be:

- Mechanically Sound
- Mentally Focused
- Emotionally Confident
- Physically Relaxed with Every Shot you play

MZ Coach is comprised of 2 Main Components:

The Front 9-this is where we Assess your areas of performance and Implement your coaching sequence.

The Back 9-this is where we **Master** your performance through additional instructional information and techniques.

The Front 9

The Front 9 is where you begin your coaching program and personal development. Here you will assess your game and implement your personal development.

1. You determine the specific areas of your mental game you would like to improve.
2. You receive your My Coaching profile on those specific mental game performance factors. This is the Implement phase of the system.

3. From the Assess screen you can select 3 of 9 performance factors to load into your My Coaching profile.

The Front 9 also includes Pre-Shot Routine videos, a Shot Journal and a section we call “Rick on the Course” which is a video library. I will be personally contributing to the video content very soon! After 30 days of your subscription, you will be able to re-assess your game and select 3 different performance factors to work on. After 60 days, 3 more performance factors become available. After 3 months, you will have unlimited access to all 9 mental game performance factors. This system follows the method that Rick follows, whether you are a tour player or a 30+ handicap.

The Back 9

The Back 9 is a resource to help you Master your Mental Game Skills. It represents a library of instructional content supporting the 9 Mental Game Performance Factors as well as related information to assist you in being mentally and physically prepared to tackle your next course. The Back 9 includes:

- Putting it all Together: a summary module of your mental game instruction.
- Instructional Videos: recorded instruction you can access anytime to assist you in your development.
- Continually Education: that I am pleased to be participating in.

Coming Soon

- Fitness
- Nutrition
- Club Fitting

MZ Coach is offering a limited time offer for all my students. The offer includes a free 2 week trial plus a reduced monthly subscription. When signing up please use the following **promo codes**:

Youth (18 and under): **BWFGOLF**

Adults: **FLUGSTAD**

Feel free to contact me anytime with questions about the program or how to sign up!



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