

GET IN THE **ZONE**

It's been touted as a coaching device that will revolutionise amateur golf worldwide. So **Sam Gole** decided to find out more about this amazing product, Pro Golf IQ.



Part video and part audio, Pro Golf IQ has been developed to coach your mind to think the same way as the game's top pros, eradicating negative thoughts and distractions during set up and swing, guiding you into the 'zone' on every shot.

Used in the comfort of your home for half an hour three times a week,

the five-week course takes you on a calming journey of relaxation and guided imagery, providing you with the ability to concentrate, focus and relieve the frustration from your game.

We spoke to Naomi McIntosh at her Drummond Golf store in Underwood to discuss feedback she's received from her customers who've used the program. "We have many of our customers on the program reporting fantastic results," she said. One customer, Julie Houghton, shaved a whopping six shots from her handicap within weeks of completing the course.

"The first thing I noticed was an unbelievable calmness if I hit a bad shot. Rather than grumbling and stressing I realised I cannot change the past, but I can change the future, simply by letting go of the frustration and focussing on the next shot," Julie said.

"I always used to fear one particular hole known as Shark's Lake where I would always put the ball in the water. Not anymore! The new techniques I have learned allow me to control my mind and play the best golf of my life.

"I'm also saving a fortune on lost balls," she quipped.

Julie's husband, Trevor, has also dropped shots and is enjoying

a newfound relaxation in his game.

"Pro Golf IQ is really powerful and we are both looking forward to repeating the program to boost our mental skills," he said.

Here's what another Underwood Drummond Club member, Alan Pilling, had to say about the program:

"Six months ago I attended a presentation on the Pro Golf IQ program. I purchased the program because I have been playing golf for 20 years and my scores were going downhill fast. My home course includes a river, lakes, lagoons, and creeks on 14 of the 18 fairways. This program has allowed me to relax. And I have no more tension while hitting over or standing beside them. Consequently, [there are] not as many lost balls and my handicap has gone down a few stokes."

Overall, the reaction from Drummond customers was positive, and coupled with the products money back guarantee, it appears the only thing you have to lose is your handicap.

For more information, consult the staff at your nearest Drummond Golf store.