



Salum International Resources, Inc.

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KLAUS REGNAULT & PARTNER

in association with

presents

peak performance
 for **GOLF**



Course Outline

- Peak Performance Markers
- Peak Performance Training
- Performance Problems and Solutions in Golf
- The Golfer's Ideal Performance State
- Peak Performance Training Techniques for Golf
- The Golfer's Lifetime Training Program
- Peak Performance Training Monitoring
- Golf Lessons for Life and Business
- Driving Range Practice, including Stroke Analysis
- Golf Course Practice

Target Audience

Golfers who aim to achieve and sustain peak performance through the application of effective techniques based on the latest developments in sport science.

Location

Four or Five-star hotel or resort in Europe

Dates [TBC]

From May through September

Course Objectives

- To provide a road map that will enable golfers to align their goals with their competitive performance
- To help golfers understand and manage their behavior under pressure, which is essential to achieve and maintain the Ideal Performance State (IPS)
- To empower golfers by making them aware of the power of the mind-body connection, so they can operate more effectively and enjoy the game
- To provide golfers with tools to find alternative solutions in a variety of situations
- To introduce golfers to effective performance design tools to refine their goals, overcome barriers and define action plans in the context of their individual objectives
- To integrate the golfer's training process with the rest of his or her life, to maximize the positive effects of becoming an "athlete in training for life."

Benefits

At the end of this insightful, comprehensive course you will:

- understand how the mind-body connection influences your behavior under pressure
- manage your emotional responses during practice and competition by using effective mental and physical strategies
- design a personalized road map to achieve and maintain your lifelong performance goals
- have more physical and emotional energy available throughout your weekly schedule
- become more resilient and resourceful in the face of obstacles and disagreement
- transfer your peak performance mastery in golf to your relationship with your colleagues and your clients

Trainers

Klaus Regnault

He is a Peak Performance Consultant based in Düsseldorf, Germany. He is associated with Josef Brauner, former president of Sony Germany, Board Member of Deutsche Telekom and CEO of T-Com. Together, they run **Complex Coaching and Consulting**, covering the areas of business, sports and the arts.

As a corporate trainer, he conducts workshops based on his "Complex Coaching" method, which unifies physiological, mental and emotional aspects of performance. Regnault also talks about his experiences with the Maasai Warriors in Tanzania. The Maasai are regarded as the most mentally tough native Warriors on Earth. Certain aspects of their training and sense of teamwork are applicable to the corporate world in Western countries, and Regnault helps organizations make the transfer in practical and effective ways.

As an international tennis coach, he works with professional players ranked in the top-100 in the world. He also trains golfers to help them become mentally tough under pressure. Klaus Regnault has been the European representative of Dr. James Loehr's sport psychology speaking tours from 1988 through 1992.

Cary Beyertz

PGA Golf Professional – GC1.

Teaching Professional at Golfanlage Duvenhof, Willich

Technical Advisor to the course

Carlos Salum

He is the President of Salum International Resources, Inc., a management consulting firm based in Charlotte, North Carolina, USA. For the past 15 years, he has focused on Performance Architecture, serving companies that utilize executive education as a strategic tool for improving organizational performance, enhancing competitiveness and changing cultures. His clients are located in the United States, Europe and Latin America. Since 1999, Mr. Salum has worked in the private banking, information technology, medical and insurance industries in the areas of leadership, sales and innovation. Mr. Salum has worked with world-renowned sport scientists, contributing to the careers of outstanding tennis players such as Gabriela Sabatini (U.S. Open champion, 1990) and Sergi Bruguera (French Open champion, 1993-94), among many others. His participation in ground-breaking research in peak performance training, which involved some of the world's top athletes, inspired him to expand a specific curriculum for corporate executives.