



Breakthrough to Your “A” Game: Ditch your inner critic and release your true champion!

Core principles for achieving peak performance in golf and life

***Thursday, June 5
Pinewild Country Club
Pinehurst, NC
9 am – 4 pm***

- ***Would you like to stop the monster thoughts that attack your mind and sabotage your scores?***
- ***Would you like to lower your handicap just by learning and applying the mental and emotional mindsets of the pros?***
- ***Would you like to move from frustrated to confident in your game now—and play confidently all the time?***
- ***Are you ready to discover what you really need to do to get your breakthrough that does not include hitting more balls?***
- ***I am going to teach you the exact process I went through to go from the sick-bed to the U.S. Open in 6 months!***



Sign-up now and join us for this one day player development workshop to breakthrough to your “A” game with the Founder of True Champion Coaching, Veronica Karaman, U.S. Open player, former instructor at the Kingsmill Golf Academy, mental game coach for the Greg Norman Champions Golf Academy, and certified performance coach

Discover how you can use your head and your heart to unleash your potential and break-through to your “A” game using Veronica’s proven signature **6-step personal champion activation system!**

This co-ed workshop is for all level of players.

In just one workshop you will advance your game more than in months on your own.

“Using Veronica’s True Champion process, I improved an amazing 15 strokes in just 6 weeks and broke 100 for the first time!” Eileen M.

As a result of the workshop, my son went out the next day and shot the best competitive round of his life.” Sam R.

Sample Agenda:

9:00-12:00	Breakthrough to your “A” Game: The True Champion Performance Training System
12:00-1:00	Lunch
1:00-4:00	9 hole on course implementation plus debriefing

**Workshop Fee: Early registration \$175 by May 22 Regular \$195
No refunds after May 30.**

Includes day workshop instruction, instruction notes, 9 holes on the Azalea Course, lunch

To register, contact Veronica at: 757-407-1907 or
veronica@truechampioncoaching.com or
Register on-line at truechampioncoaching.com/agame5-14

What is True Champion Coaching? True Champion Coaching is a holistic approach to player development that addresses the whole person. It focuses on a simple 6 step process that equips a player physically, mentally, emotionally, and spiritually. One of the greatest missing elements to performance is identity. You will learn how to define yourself as a champion, adopt champion mindsets, become clear on your process-oriented goals, and then learn how to achieve your breakthrough as you activate each performance zone. It is based on personal growth vs. mere results, which will also empowers the player to reduce frustration, anger, and other negative emotions. This is the process I used to go from the sick-bed to the U.S. Open in six months.



Veronica Karaman

Founder, True Champion Coaching, Pinehurst, NC

Certified Life Coach – Life-Forming Leadership, Inc.

M.A. Communication, Regent University; B.A., Duke University

Duke University scholarship golfer, Trinity College Genuine Hero Award Recipient

1989 Women’s U.S. Open Participant, Golf instructor and tour player since 1981

What others are saying:

"Veronica helped me unlock my golf dream and I dared to pursue it! My confidence has soared. I moved from the senior tees to the champion tees in competition--and it's great to feel joy on and off the course." Sandi T.

"After the Breakthrough workshop, I took 5 strokes off my game!" Pat S.

"After just two sessions of True Champion Coaching with Veronica, I had my career best, shooting a 66 and winning a major championship." Brendon S.

I wanted to thank you for something in addition to my swing improvements: I love playing golf again; I get such a joy from playing that hasn't been there in years, thanks to you.
KC S., USGA Rules Official

Veronica has a wonderful ability to combine her wisdom about golf and life to help people take a closer look at life matters. Bernhard Langer, PGA Masters Champion

Veronica is a true champion with attributes of intellect, professionalism, charisma, and faith.
Madeline Mims, Olympian, International Sports Ambassador

Veronica has an amazing gift of communication and reaching out to others. E. Beisiegel, LPGA Tour Player

After 30 years of playing the game, someone named Veronica finally turned the light-bulb on! She is a great teacher. Rosalie Pepe

I just had my first lesson with Veronica. What a great lady and a very good teacher. She can really pinpoint your problem and tell you how to correct it. I was so impressed with her as a person and an instructor. Janet Wood

Veronica is gifted with an ability to relate to people of various ages and skill levels. She has a real flare for teaching. Nora Moran

I felt very good after our session today and feel I'm on the right path - thanks to you. I'll see you a week from Sunday. Kathy W., Whispering Pines

Becky played awesome and won the big bucks today! Rosemary Lea, Raleigh

I improved 10 strokes in 9 holes, and even had a natural birdie as a 28 handicapper! I made significant advances in my golf game in just one day, thanks to Veronica's teaching. Becky Peters, Cary

Veronica, I am so grateful for the putting tip you gave me that night we played at Whispering Woods in the Stapleford tournament. I want you to know that I shot 81 today at Midland and I had 22 total putts, 12 on the front and 10 on the back. I had 8 one putt greens on the back. It was thrilling and I have told everyone that you are the one who helped me. I won two skins at Whispering Woods last night and my team came in second. I walked home with \$15, which means I got to play, have fun and pizza for nothing. I hope you can come play with us again sometime. Joanne

Veronica is a great motivational speaker. Gerry S.

Veronica is very upbeat and explains everything to our group in a clear and interesting way. I felt she was interested in us as individuals. She was warm, caring, and I learned many good ideas on how to improve my game. M. P. Carl

I just wanted to let you know that your lessons are working!!! On Tuesday we played in the Founder's Day Tournament and I won it with a low net of 69! My net score was the only one below par. I just love golf! Your ears should be itching because I'm constantly saying "Thank you Veronica" while I'm on the course! Peggy Flygar, Personal Champion Coaching student

Dear Veronica:

Thank you so much for all your help with the golf lessons that I have taken from you during the past two months. Over the years, I have struggled to learn to play the game which I realize may be an unusual thing to say since I've worked in the golf business for more than 25 years. You are the first instructor who has helped me understand that I don't need to "perfect" everything at once; instead, I need to concentrate on learning one thing in each lesson and working on that one thing. In the past, I believe I was overloaded at times by instructors, cramming too many thoughts into one session, so that I could hardly remember what to do after the instruction session was over.

I also appreciate the way you make each instruction session fun – golf should definitely be enjoyed, and you set the example by the way you instruct.

In the future when I have the opportunity to play the U.S. Women's Open courses on site visits, I'll not be so reticent and will believe I can do it without embarrassing myself or the USGA. Most everyone always assumes I have a low handicap due to my position as USGA Director of U.S. Women's Open Championships even though it's definitely not necessary for my job. Although I may never become a low handicap golfer, at least now, I feel I am becoming better equipped to play golf. I truly appreciate your instruction and encouragement.

I know whatever path you may take, you'll be successful. You are a gifted golf instructor who I believe has a special knack for working with women – you make learning the game understandable, and you are an encourager.

Sincerely,

Betse

Betse Hamilton
USGA Executive Director of U.S. Women's Open Championships

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