

# WOMEN IN GOLF & BUSINESS

EMPOWER • INSPIRE • COLLABORATE

---



The golf course is a fantastic place to meet people, network and build the kind of relationships that could last a lifetime, particularly in business. The mindset principles that breed success in the game also provide an outstanding opportunity to enhance our well-being and performance both on and off the golf course.

With this in mind unique events, membership packages and a specialised online platform have been developed, enabling like minded businesswomen to meet, network and enjoy a supportive environment, providing a platform for both newcomers to the game and established golfers to embrace the professional, personal and wellbeing benefits of golf.

'Women in Golf & Business' is passionate about supporting and encouraging women across all sectors of the business world to confidently enjoy the opportunities golf offers whilst expanding inclusivity within the game.

**A variety of events, membership packages and a supportive online platform have been uniquely designed to include and provide:**

- **Professional coaching & guidance within the fundamentals of the game**
- **Mindset & Wellbeing – Linking the parallels of golf, life & business**
- **Networking opportunities with like minded business women**
- **An opportunity and platform to develop future business relations**
- **A professional, relaxed, supportive & enjoyable environment**



## WHERE IT BEGAN

Nicky Lawrenson is a PGA Fellow Golf Professional with over 17 years coaching experience. Having worked within several sectors of the golfing world, both within the UK, Europe and the Middle East, Nicky has gained great experience within various corporate environments. A familiar pattern arose whilst working within this arena in that female participants were in the minority. The golf course is a fantastic place to meet people, network and build the kind of relationships that could last a lifetime, particularly in business. A great passion grew within Nicky to ensure that business women could fully embrace and capitalise on the benefits these environments bring.



### **Nicky Lawrenson**

PGA Fellow Professional  
NLP Master Practitioner  
TPI L3 Instructor



# The Game Changer for your business

## Golf and Business Training programs for the female business executive

Women in Golf & Business have designed unique training days that enable likeminded businesswomen and executives to meet, network and enjoy a supportive and inclusive environment. Welcoming both newcomers to the game and established golfers to embrace the benefits of golf and the opportunities it can offer in the corporate world. Combining the skills of both experienced golf professionals and leadership coaches the worlds of sport, wellbeing and performance mindset are uniquely intertwined.

Welcoming large or small groups of businesswomen from a wide spectrum of business sectors including finance, HR, media, insurance, medical, logistics and many more, we have developed golf and business programs that enhance business culture, performance, personal achievement, and wellbeing. (Bespoke requirements addressed and on request) Available to companies on an exclusive basis with a personalised strategic focus or multi corporations enabling expanded networking opportunities.

## BENEFITS AND OUTCOMES FOR ATTENDEES AND YOUR BUSINESS

- Stress management strategies
- Increased creativity and productivity
- Enhanced physical and mental wellbeing
- Increased self awareness around any internal limiting beliefs that may be creating obstacles to maximising performance.
- Strategies for improving cohesiveness within teams and enhanced in-house communication, particularly for team members working from home
- Understanding and awareness around gender equality and female empowerment within the workplace
- A personalised focus on your company strategy in a format that links the parallels of golf, life & business
- An understanding of how golf creates opportunities to develop business relationships both internally and externally at individual and company level

## 1 Day Programme - Itinerary

---

**9am - 10.30am** Introduction into the professional, personal and wellbeing benefits of golf to businesswomen and female executives

**10.30am - 11.00am** Coffee & refreshments

**11.00am - 1.00pm** Practical coaching session – Key fundamentals of the game

**1.00pm - 2.00pm** Buffet lunch

**2.00pm - 4.00pm** Linking the parallels of golf, life & business workshop. Performing under pressure, building trust, resilience & self-belief. May also be tailor made to align with company values, goals and strategies.

**4.00pm - 5.30pm** Practical coaching session – Fundamentals follow up

**5.30pm** Closing drinks & summary

- All delegates receive a free 12-month Premium subscription package to the 'Women in Golf & Business, an online platform assisting with continued golf development & well-being.
- All delegates receive a complimentary hard copy of the recently released book - 'Golf: More than Just a Swing' - Linking Mind, Body, Technique & Instinct.
- All delegates receive a WIGB goody bag.

Includes equipment hire where required.



## 2 DAY 'WOMEN IN GOLF & BUSINESS' RESIDENTIAL RETREAT

A unique 2-day training and coaching retreat that provides a professional, supportive, and all-inclusive environment for businesswomen and executives to master the basics of golf or develop current skills. Workshops will be incorporated alongside practical coaching that provide insightful strategies for enhancing wellbeing, resilience, confidence, and performance.



### Itinerary: Day 1

**8.30am:** Coffee & Registration

**9.30am:** Introduction – Women in Golf & Business, Empower, Inspire, Collaborate

**10.30am:** The Basic Fundamentals – Set up fundamentals, Part 1

**12.30pm:** Lunch

**1.30pm:** The scoring zone – The key fundamentals of the short game, Part 1

**3.00pm:** Coffee Break

**3.30pm:** Linking the parallels of golf, life & business. Performing under pressure, building trust, resilience & self-belief.

**5.00pm:** Summary & Drinks

**6.00pm:** Access to the spa & optional treatment

**8.00pm:** Evening Meal

### Itinerary: Day 2

**8.00am:** Full breakfast

**9.30am:** The Basic Fundamentals – Set up & long game fundamentals, Part 2

**11.00am:** Coffee Break

**11.30am:** The Inner Edge workshop – Making your mind matter

**1.00pm:** Lunch

**2.00pm:** The scoring zone – The key fundamentals of the short game, Part 2

**3.30pm:** The Golf Course - Putting it all into practice!

**5.00pm:** Summary, Presentation & Close

- All delegates receive a free 12-month Premium subscription package to the 'Women in Golf & Business, an online platform assisting with continued golf development & well-being.
  - All delegates receive a complimentary hard copy of the recently released book - 'Golf: More than Just a Swing' - Linking Mind, Body, Technique & Instinct.
  - All delegates receive a WIGB goody bag.
- Includes equipment hire where required.

### Venue – Bowood Hotel, Spa & Golf Resort, Wiltshire

One of the finest luxury hotels in Wiltshire, with spa, golf course, acres of space and stunning grounds. A boutique-style Hotel, offering luxury accommodation and unrivalled leisure facilities in the heart of Wiltshire. Nestled in the Bowood Estate, the Hotel and Resort are surrounded by beautiful parkland.





For further details  
please contact [info@wigg.co.uk](mailto:info@wigg.co.uk)  
or telephone **07751 622569**



PGA FELLOW  
PROFESSIONAL