

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 embarked upon her professional career following several years of competitive golf and in 2001 attained her PGA Diploma gaining 3rd position within Great Britain and Ireland. She furthered her coaching career at The Emirates Golf Club, Dubai, where she gained invaluable experience as Senior Academy Instructor at the Peter Cowen Golf Academy. Following on from Dubai, Nicky moved to Spain as Academy Director of Roda Golf & Beach Resort and since returning to the U.K, continued with her coaching and became the Director of Golf at Bowood Hotel, Spa & Golf Resort. With over 20 years coaching experience expanding across several continents, Nicky has also pursued her passion within the field of performance mindset and alongside her experience as a PGA Fellow Professional and TPI Level 3 instructor is a certified Master NLP Practitioner. Her passion within this area also led her to study various concepts within human performance. In 2011 Nicky was awarded Fellow status within the Professional Golfers Association. With a coaching philosophy that bases itself upon a holistic approach, Nicky endeavours to develop each individuals golfing needs in an enjoyable, relaxed and simplified manner. Nicky has also gained great experience within various corporate golfing environments and noticed a familiar pattern arose whilst working within this arena in that female participants were in the minority. A great passion grew within Nicky to ensure that businesswomen could fully embrace and capitalise on the benefits these environments bring.



- PGA Fellow Professional
- TPI Level 3 Professional
- NLP Master Practitioner



‘The Game Changer for your business’ Golf and Business Training programs for the female business executive.

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

Events are held at our selected venue partners across the country; individuals benefit from the additional networking these afford. We also offer company specific days or residential retreats, tailored to support your organisational goals, values, vision, strategy or change agendas. Welcoming large or small groups of businesswomen from a wide spectrum of business sectors, we have developed golf and business programs that enhance business culture, performance, personal achievement, and wellbeing. 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 3 months complimentary premium access to the 'Women in Golf & Business' 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 3 months complimentary premium access to the 'Women in Golf & Business' 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.
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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.









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PGA FELLOW
PROFESSIONAL