

## 1 Day Programme - Itinerary

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**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.

