



**VISION54** 

**SuperCoach54**

Training Program

**Welcome**

**VISION54** 

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## Welcome!

The SuperCoach54 Training Program leads to the discovery of the Why, What, and How of Coaching. BE a Coach!



This 18-session remote training program will give you the skills to explore and expand your coaching potential. The training is spread out over a longer timeframe for better absorption and effective integration into your coaching process. This experience will generate fresh ideas and an energized approach leading to great success for you and your players.

This innovative, multi-platform, online training program is being brought to you – anywhere in the world – through the *CoachNow* app / website. The VISION54 principles are delivered using digital instruction, audio and video instruction, and actionable practice assignments since we know it's by doing and exploring that these skills come alive. You train at your own pace through each

week's assignments with no schedule or live sessions. Lynn & Pia will offer support throughout the training program and you're encouraged to interact with the other coaches in the group.

We recommend keeping a physical notebook or a specific notes area on a digital device to capture your learning as you train, and a binder or folder to keep the PDFs.

To learn more, visit  
[VISION54.com](http://VISION54.com)

**Questions?**  
InTouch@[VISION54.com](mailto:VISION54.com)

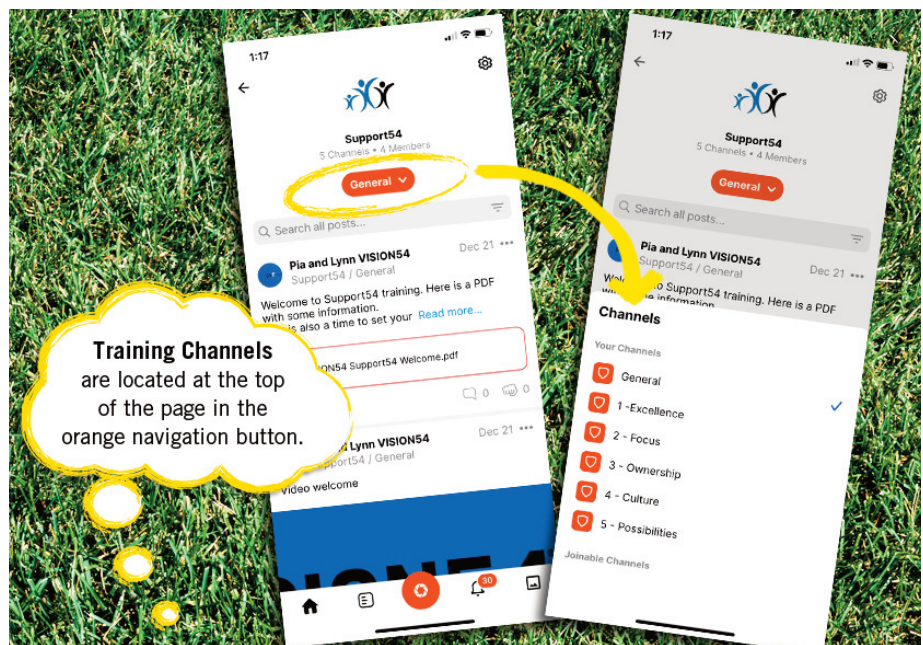
## How it Works



### ► Tips:

Set reminders in *CoachNow* to be alerted to new posts.

1. Create an account on the *CoachNow* platform (as an “athlete” for ongoing free access), either through the website (*CoachNow.io*) or the app (iOS or Android) using the same email you used to purchase the training program. Once signed in, you can access the information on any of your digital devices and computer.
2. You’ll receive an email notification that you’ve been added to two groups: ***SuperCoach54 Training Program*** and ***SuperCoach54 Q&A***. You can start right away.
3. Read the ***SuperCoach54 Training Welcome*** doc in the General channel, then start with the first session when you’re ready to begin.
4. Answer the summary questions for the session, then post questions or comments on *CoachNow* in the separate ***SuperCoach54 Q&A*** group. Lynn & Pia will comment / answer your questions regularly.
5. Each channel includes the training PDF, audios and videos for that session’s topics. You can plan on approximately 2-3 hours a session, in one or several learning sessions, to go through the training with an additional 4-6 hours per session of actionable exercises to do immediately or at a later time. You can post questions / comments anytime.
6. After the training period, you’ll continue to have access to the training materials on *CoachNow* for six months. Make sure to download all the PDFs.



# SuperCoach54 Training Program

## Training Intentions

- Learn how to create a vision for your coaching and for yourself.
- Learn the human skills of the game and other skills towards excellence and well-being.
- Learn the most essential communication skills for golfers to own their golf games.

## Key Learning Outcomes

- **WHY Coach** – gain clarity on your own values, beliefs, and vision to bring into focus who you want to be as a coach and as a person.
- **WHAT to Coach** – complement technical skills with in-depth learning of the VISION54 Human Skills.
- **HOW to Coach** – develop essential communication skills to support players in becoming their own best coaches.
- **BE a Coach** – manage your state as a coach to better connect with your players.

## SuperCoach54 Content – VISION54 PHD (Performance & Human Development)

Human Skills	Possibiling	Communication	Performance	Human Development
Play Box s3	Purpose s1	Intention = Attention s2	Pace of Play s4	Willpower s1
Think Box s4	Goal-Setting s1	Wide & Narrow View s2	PTMESS s7	Attention s2
Memory Box s5	Values s2	Questions s6	Self-Aware, Ref, Reg s11	Breathing s7
Performance Routine s6	Spirit of the Game s7	X and Y s6	Playing Focus s12	Lines of Development s7
Tempo s9	Roles s9	Listening s8	Warm Up s15	Ego Ethno World s8
Tension Awareness s9	Beliefs s10	Your State s10	Practice s15	I and You s8
Balance s9	Vision s18	Sorted Feedback s10	Perfectionism s15	Meditation s15
Master of Variability s11		Frames, Chunking s16	Who you ARE vs DO s16	Imagery s15
Emotional Resilience s13		Pacing & Leading s16	Create Confidence s17	Types, DISC s17
Managing Self-Talk s14		VAK s16	Habits s18	Four Quadrants View s17
		Golf Parents s17		Create Trust s18

■ = Part One (first 9 sessions)

■ = Part Two (second 9 sessions)

## SuperCoach54 Training Content

This training program consists of two 9-session segments. The first 9 sessions, **Part One**, teaches the **SuperCoach54** fundamentals, while the second 9 sessions, **Part Two**, goes deeper and wider into these foundations.

**Welcome:** Content, How To Do It, and Do You Want Yourself as a Coach

### ***SuperCoach54 – Part One***

1. Introductions, evaluation, goal-setting, spirit of your coaching, and willpower
2. Discover your values as a coach, intention = attention, and human skills introduction
3. Play Box – in depth
4. Think Box – in depth
5. Memory Box – in depth
6. Performance Routine, asking questions, and X and Y coaching
7. Between Shots introduction, manage your body, breathing, and lines of development
8. Listening skills, take other's perspective, meaning of competition
9. BTT: Balance, Tempo, and Tension Awareness – in depth, roles in life

### ***SuperCoach54 – Part Two***

10. How to best give feedback, observation skills, your state as a coach, beliefs
11. Master of Variability, **MY54** and **NOT54**
12. Playing focus and evaluations
13. Emotional Resilience – in depth
14. Manage your Self-Talk – in depth and meditation
15. Practice, practice plans and warmup, perfectionism
16. Communication skills, Tai Chi swings
17. Types of players and what to take into consideration
18. Vision, trust, habits, evaluations, and coach's training plan

## SuperCoach54 Training Program



We want the coaches of the future to access more skills in performance and human development, both to be a better coach and for your own growth as a happier and better human being. Whatever that means for you. 😊

In our opinion, we are not accessing our possibilities as coaches. This training will add essential components of coaching for you to access more of your coaching possibilities.

The **SuperCoach54 Training Program** will cover four main areas:

### WHAT to Coach

For us, golf has two sets of fundamentals – technical skills and human skills. The human skills are the non-technical golf skills – how you manage yourself before, during, after and between shots. In **Part One** (*first 9-session segment*), you will learn the human skills of the game to complement what you already know about the technique. In **Part Two** (*second 9-session segment*), we will cover topics beyond the Human Skills, like practice, playing focus and other essentials for great golf.

### WHY to Coach

In **Part One**, you will explore your purpose for coaching and your values as a person and coach. During **Part Two**, you will go deeper in being clear about your vision. Your vision, values and beliefs, and how to make them will come alive. Many of us have a lot of great certifications and a lot of information, but don't have a clear compass for where to go or who we want to be as coaches. You can do anything but not everything... so this will support you in what to say yes and no to, and what to prioritize?

### HOW to Coach

You want players to be able to manage themselves on the course and finding their unique way of playing well and enjoying the game. To do that, you as a coach, you want to have great communication skills in how you ask questions, your ability to listen, how and when to talk, and how to give useful feedback.

## BE a Coach

Your state as a coach highly influences how well players connect with you. This general state is the summary of the state of your body, the state of your mind, and your emotional state. Is your baseline strong enough and how well do you manage the variability of your own state?



This training program will take about an hour each session to keep pace, with 2-3 hours of practice to be done now or anytime in the future. All training materials will remain available on the *CoachNow* platform for six months following completion.

As a followup to both programs, we will be offering an in-person Coaches' Retreat at Talking Stick Golf Club in Scottsdale, Arizona for participants of this training program (*dates TBD*).



## What is VISION54?



**VISION54** is many things ... it's a number, a philosophy, an attitude, a process and a discipline.

**54** is a number and we do believe shooting 54 or lower is possible. We don't know who is going to do it or when it will happen, but the point is, we congruently believe someone will shoot this score.

**54** is a philosophy where we look at possibilities instead of limitations and support golfers to become their own best coaches.

**54** is an attitude about creating a positivity bias. The brain's default is to store negative events stronger and faster than positive ones. It's also about embracing the outlook

that your past is not your future and to always focus on things under your control.

**54** is a process where it all boils down to each one of us **DOING** something to learn new skills or change habits. This growth mindset and process keeps on going for as long as you want it to go.

**54** is a discipline. You always have the choice to manage your physical, mental and emotional state in the world that keeps on being dynamic and forever changing. The golf brain seems to have two default tendencies: over-emphasis on outcome and over-emphasis on technique. It's a discipline to manage these tendencies.









*Bring Possibility to Life*

[VISION54.com](http://VISION54.com)

**Contact**

[InTouch@VISION54.com](mailto:InTouch@VISION54.com)

