



UNLEASH
Your **DRIVE**

PROJECT REVIEW
Lincolnshire Girls Golf Squad

by Andy Leigh, Unleash Your Drive Manager

ABOUT UNLEASH YOUR DRIVE

Unleash Your Drive is a unique Golf Foundation programme (supported by our headline sponsor HSBC) that teaches young people the tools to help build their **resilience, concentration** and **confidence** on the golf course, but also in their wider lives.

The programme usually runs for 10 weeks, but can be adapted to suit the needs of different organisations.

Here's an example of how one project worked in **Lincolnshire...**



LINCOLNSHIRE WOMEN'S GOLF ASSOCIATION (LWGA)

The LWGA project involved:

- 17 girls from the performance and development squads
- Who were aged between 11 and 17
- The girls had a range of golf ability from +2.3 to 31.7 handicap index.

The core delivery of the programme was delivered by Andy Leigh (Golf Foundation, Unleash Your Drive Manager) and supported by Helen McDougall (Lincolnshire Women's Golf Association), Stacey McNicholas (in her volunteer role as Junior Girls Coordinator for Lincolnshire Women's Golf Association), and Pete Wortley from Yeast Ltd co-delivered the final session.



HOW IT WORKED IN LINCOLNSHIRE

UYD training involves the teaching of nine Mental Toughness Tools (usually over a 10 week period) but as the Lincs girls were based across the county, the project was adapted and condensed into 3 intense 2.5 hour sessions which focused on:

- Self-reflection, breathing, square of concentration
- Visualisation, positive self-talk, self-compassion
- Goal setting and My PB, positive body language, problem solving

The girls received the training in the morning and then spent the afternoon practising applying the Unleash Your Drive tools on the golf course.



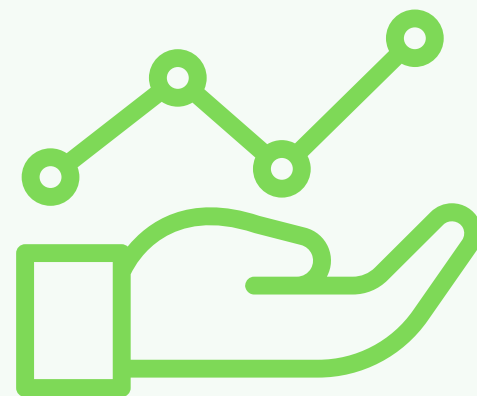


SUMMARY FEEDBACK

The overwhelming feedback from organisers, participants and parents was that this programme was a **huge success** and had a **positive impact** on all the girls involved.

The participants completed the **self-assessment tool*** (designed by Yeast Ltd.) before the first and after the final session to see if the training had had a positive impact on the individuals.

**13 out of 17 girls completed all 3 sessions and completed both self-assessment see full results below.*



WHAT PARENTS SAID...



"Unleash Your Drive has had a huge impact on my daughter. She is a hugely more confident girl now, not only with her golf but other aspects of her life."



"The square of concentration has been a hit. We now must put a square of concentration around us when we do anything that needs focus."

"My daughter really enjoyed it and came away buzzing with all the tools to help the psychological part of the game & increased confidence. Great to see her be so positive about things."

"She was non-stop talking on the way home and once we got in, she started to make notes about all the positive things and did that after school too."

WHAT DID THE GIRLS THINK...

"On behalf of us all we have really enjoyed the sessions. The tools will help us with our golf and away from golf too. Thank you!"

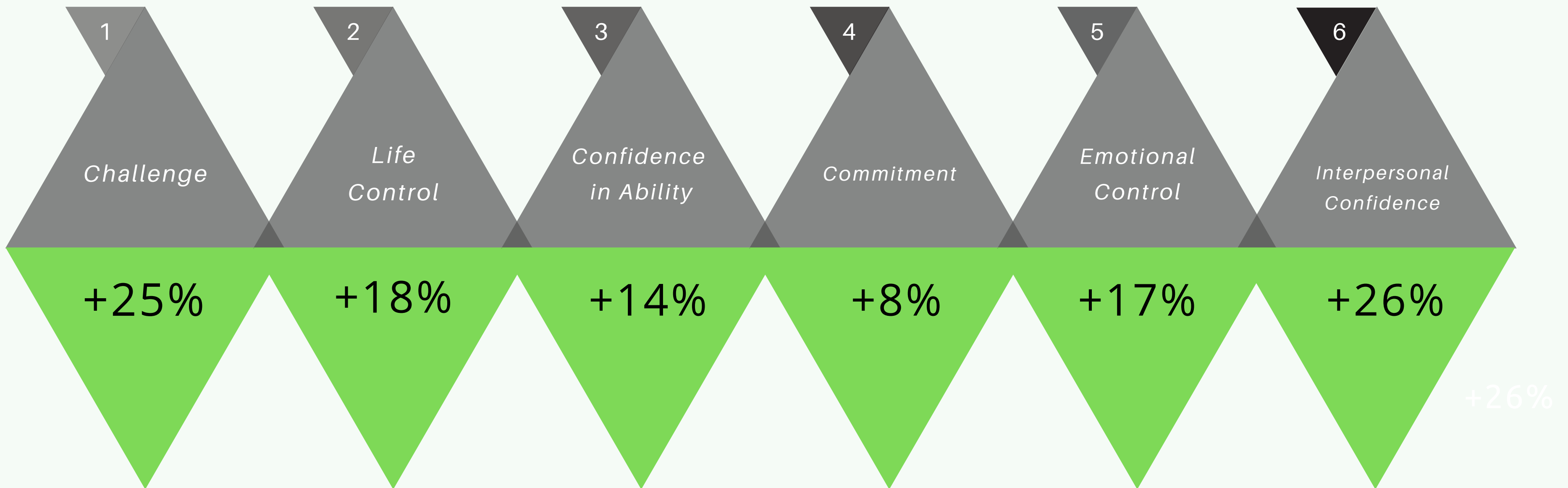
"I just wanted to say that the way that the sessions were run was brilliant. I know I certainly got a lot from them, the techniques that were shown and put into practice were great. I already have used them and will continue to use them in the future. So thank you for all that you and the team did to offer the opportunity for the Lincolnshire girls."



THE RESULTS



Average % increase in key areas of mental toughness



Average increase in mental toughness +17%



The Golf Foundation is delighted with the success of this new project, trialled in Lincolnshire, and would like to thank Lincoln GC for hosting the sessions and providing a warm welcome for all the girls.

We thank The R&A for its continued support of the Golf Foundation.

Unleash Your Drive owes its support to our headline sponsor HSBC.





Please get in touch if you would like to find out how to get involved in the Unleash Your Drive programme.

