



Dr. Robert K. Winters'

Content Provider: Dr. Robert K. Winters  
Subconscious Trainer / Voice Talent: Tisha Hallett  
Audio Engineer: Digital Insight, Pompano Beach, FL  
Graphic Design: [www.whitedesignstudio.com](http://www.whitedesignstudio.com)

For quantity purchases and tournament promotions  
please contact:

Subconscious Training Corporation  
5258 NW 51st Court  
Coconut Creek, FL 33073  
[www.directyourmind.com](http://www.directyourmind.com)  
[admin@directyourmind.com](mailto:admin@directyourmind.com)  
1-800-397-7939

**Golf** Mind Volume 2

# Putting Genius



“In my mind, Bob knows more about the psychology of great putting than any other person in the world. He's light years ahead of his time...”

**Michael Moraghan, Head Men's Golf Coach, University of Virginia**

## About Robert K. Winters

Dr. Robert K. Winters is a nationally renowned sport psychologist and author who has over twenty-five years of professional experience in golf education, coaching, and psychology. Dr. Winters is the co-author of the book, "The Mental Art of Putting: Using Your Mind to Putt Your Best!" and the co-author of two audio-cassettes, "Great Putting – Right Now!" and "Golf Confidence for Women." He is also the co-author of a compact disc specifically created for young golfers entitled: "Golf Confidence for Juniors." Dr. Winters is also a contributing writer for Golf International Magazine.

Dr. Robert K. Winters is a national advisory member of the National Association of Golf Coach Educators and has presented research to the Futures of Golf Conference and the World Scientific Congress of Golf Trust. He is a member in good standing with several national sport psychology and physical education organizations.

Dr. Winters consults with touring golf professionals around the world and works with athletes of all levels and numerous men's and women's collegiate golf teams. Dr. Winters is a leading researcher/spokesperson in putting confidence, the psychology

of putting, and sports vision. Dr. Winters has appeared on The Golf Channel and the PGA of America has approved his sport psychology programs for continuing education credits. He is a consultant to The Golf Academy of The South and the Florida Golf Academy. Dr. Winters is also Director of NIKE Golf Schools at The Boca Raton Resort and Club in Boca Raton, Florida and NIKE Golf Schools at Williams College, located in Williamstown, Massachusetts.

Dr. Winters holds Bachelors and Masters degrees from Ball State University where he also participated on the men's collegiate golf team and became a captain of the squad during his senior year. He completed his Ph.D. degree in Sport Psychology at The University of Virginia. While completing his doctoral studies at The University of Virginia, Dr. Winters served as the Men's Assistant Golf Coach for the Cavaliers and helped several golfers attain All-American status and coached the golf team to several NCAA championship appearances.

Dr. Winters is the Resident Sport Psychologist for The David Leadbetter World Teaching Academy and Headquarters located at ChampionsGate Golf Club in Davenport, Florida.



## GolfMind Volume 2: Putting Genius Sessions

- **Building a Positive Putting Attitude** The first step to putting greatness is having a great attitude. Build a positive mental base with this session.
- **Creating an Effective Putting Style** The best putters in the world create their own style of putting. Create YOUR unique putting style that fits your personality and mannerisms.
- **Eliminating the Fear of Missing** When you miss a putt, feelings of shame, embarrassment, guilt, and anger can interfere with your ability to perform. This session will teach you to put your negative feelings and fears behind you.
- **Using Your Eyes: Seeing the Ball Go In** Your eyes give you vital information about the green. Use your eyes to look for visual cues. These cues will help you prepare your mind and body for the upcoming putt.
- **Developing a One-Putt Mindset** The key to a one-putt mindset is truly believing in your ability to make putts. With each step you take, you'll become more and more confident with your ability to make putts.
- **Making the Short Putt: Committing to Your Decision** A putt from a few feet has the same value as a 300-yard drive. Enjoy seeing the ball go into the hole... again and again!
- **Practicing for Putting Success** Practicing in the right way will help you putt with confidence. Practicing will allow your Putting Genius to come forth on the actual green during a round of golf competition.
- **Building a Solid Putting Routine** Be confident with your commitment to your pre-putt routine. Your putting routine should be simple and specific. Put yourself on "automatic pilot" and putt with fluidity and rhythm.
- **Beating the "Yips" and Freezing** Face every putt with positive anticipation and a calm demeanor. Knowing logically and objectively that you make some putts and miss others, allows you give your best effort on each putt.
- **Confident Putting Thoughts for Tournament Play** Look forward to the challenge of playing in front of people and putting for score. Treat each putt as a chance to succeed!

GolfMind Volume 2

Putting Genius