



Webinar Title:

The big picture of achievement: how do we optimise our workplace performance?

Summary of content & learning outcomes:

Research suggests our workplace performance, whether as golf managers, coaches or players, is a result of the collision between three ever-present factors: our physical health or movements, our thinking processes and the impact of the social world around us.

Following a brief introduction to the 'Biopsychosocial model' this webinar focuses on helping PGA of South Africa members improve their workplace performances by examining the make-up of their own Biopsychosocial (BPS) models. Having identified achievement 'barriers' within their BPS models Ian will help the delegates identify solutions or coping resources to those performance barriers.

The content of this webinar is highly practical and relevant for today's PGA of SA Golf Professional.

Following his webinar Ian will form up a 'Whatsapp' group for those colleagues who wish to keep in touch and learn further from each other.

Some of the science supporting this webinar content:

A model for analysing human adaptation to transition (Schlossberg, 1981)

Challenge Point; a Framework (Guadagnoli & Lee, 2004)

Ecological psychology & dynamic systems theory (Renshaw et al., 2009)

Webinar date:

04.02.19 10.00-11.00 via Goto Meetings

Webinar Price : 195 Rand.

To book your place on this Webinar:

Contact Andrew Gunn : andrew@pga.co.za

