

Former Head Girl

“From the age of 11 when my golf started to develop, and representing England and GB&I at both national and international level, I realised I had to learn to juggle my golf with my school work. I managed to do this for 7 years and, after obtaining a 100% scholarship (academic & golf) for Oregon State University to study Sports Psychology, I thought my juggling days were over.”

Even before I had left the States, I had started to explore other ways of achieving my goal. Since returning I have been extremely busy becoming a MASTER Mind Factor Coach plus training with Karl Morris who has worked with golfers such as Darren Clarke, Graeme McDowell & Louis Oosthuizen.

I have also gained my qualification as a certified Practitioner of Neuro-Linguistic Programming, as well as becoming an NLP Coach. Since then I have set up my own business which aims to help athletes of all disciplines to cope with the pressure of competition & develop a winning mind set. As well as running my business I am also spending time playing competitive golf at national & international level whilst applying all the techniques I have learnt. So I continue to juggle-this time business with golf!

Besides juggling, another lesson Rishworth taught me was never to let an opportunity pass you by...so, if you want to learn more, please visit www.3dvperformance.com or simply email me at performance3dv@yahoo.com.

Helen Searle



3D Vision

