



Mental Toughness Coach

As a Premier League and International Football referee, Matt had to consistently make effective decisions under intense pressure.

This experience, alongside his many coaching and psychology qualifications has enabled him to help golfers perform at their best when they need it most-when they are under pressure!

Coaching and support

- Personalised 1:1
- FaceTime/Skype
- Caddying
- Team workshops (county squads; club teams; parents)

Testimonials

"Having worked with Matt since turning professional in August 2018, Matt has improved my mental preparation and toughness in so many ways. He is such a valuable member of my support team."

(Harrison Greenberry, Touring Golf Professional; British Boys' Amateur Champion; England rep.)

"Thank-you for a great session with the County Junior squads Matt-the boys' were buzzing, and I look forward to seeing them develop with your on-going support."

(Gary Milne, PGA Advanced Professional; Devon Head County Coach)

"I worked with Matt during my peak performances in Golf, he helped me achieve the goals we set."

(Molly Pavey, Devon Ladies Amateur Champion; Bournemouth University Golf Team)

Mental skills development

- Goal setting
- Self-confidence
- Resilience
- Performing under pressure
- Dealing with expectations

www.mattmessias.co.uk

