

Review and Playing the Course

- **Key Commitments**
 - **Collaborating with others**
 - **Growing Through Challenge**
 - **Pursuing Goals**
- **Key Terms**
 - **General Area**
 - **Handicap**
 - **Conforming Club**
 - **Conforming Ball**
 - **Stoppage of Play**
 - **Substituting a Ball**
 - **Teeing area**
 - **Loose impediments**
 - **Lie**
 - **Play the ball as it lies**
 - **Natural forces**
 - **Honors**
 - **Ready golf**
 - **Match play**
 - **Opponent**
 - **Order of play**
- **Game Changing Behaviors**
 - **Participants can identify types of conflicts that may arise in a golf context. (Pace of play, cheating, rule disputes, etc...**
 - **Players can apply the CARE approach to conflict resolution in a golf setting**
 - **Realizing that FAIL is a First Attempt In Learning**
 - **Understanding the value of a growth mindset when dealing with adversity and failure**

- **Participants see setbacks and mistakes as learning opportunities**
- **Understand why setting goals is an important aspect of learning**
- **Take ownership of their goals achievement and can set different types of goals**
- **Understand how to set different types of goals –**
- **Outcome, process, and performance- to promote personal success, build confidence, and maintain motivation**
- **Guiding Questions**
 - **Why is it important to have the ability to deal with interpersonal conflicts?**
 - **How does the lie you face affect the amount of energy or speed you need to use to hit the ball?**
 - **How does changing the amount of energy or speed you use to hit the ball affect your balance?**
 - **How can a failure be a First Attempt In Learning?**
 - **What are some things that can get your swing out of sequence?**
 - **What are some strategies you can use to help you overcome adversity?**
 - **Goals help you measure your growth.**
 - **Goals allow you to take ownership of your learning and growth.**
 - **Goals help you stay focused and motivated.**
 - **Goals challenge and teach you.**
- **CARE**
 - **Communicate**
 - **Actively Listen**
 - **Review Options**
 - **End with a Win-Win Solution**
- **Being a Game Changer**

- **I am discovering my inner strength**
- **I am developing resilience**
- **I can dig deep when things get tough**

- **Four Guidelines for setting a reachable Goal:**
 - **The goal is Positive**
 - **The goal is Important to You**
 - **The goal is Specific**
 - **The goal is Under your control**