STRESS INOCULATION™



TEMPO

COMPETITIVE GOLFERS

Under pressure, the mind changes the body. The body changes the stroke

An experiential program designed for competitive golfers which combines research-grade instrumentation (*Biofeedback & *HeartMath) with mindfulness and neuroplasticity techniques to keep the stroke steady when the putt matters.

"The SI program developed by Dr. Pyle strongly aligns with current science and my belief in the integration of mind and body in the field of Health Psychology. SI adds a critical layer of sophistication with the use of computer technology. Overall, SI takes corporate training programs to an advanced level. Very impressive!"

John Arden, PhD,
International speaker and author of Rewire your Brain 2.0

PROGRAM DEVELOPER



Dr. Kevin Pyle holds a PhD in Clinical Psychology from The Wright Institute, Berkeley, and is a Member of the Clinical College of the Australian Psychological Society. He has synthesised 45 years in the field of Psychology to develop the Stress Inoculation (SI) family of programs, bringing together research-grade instrumentation, proven psychological techniques and current work on neuroplasticity.

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TEMPO — A STRESS INOCULATION PROGRAM

In golf, tempo is the rhythm of the stroke — the one a player owns on the practice green and loses over a four-foot putt to win. It is also the body's rhythm: skilled golfers' heart rate slows in the moments before they strike the ball. TEMPO trains both, and measures the second so the player can trust the first.

- Expert golfers' heart rate falls by around 20 bpm in the final beats before a 12-foot putt (Boutcher & Zinsser, 1990). Skin conductance is significantly higher on missed putts than on holed ones (Filho et al., 2021).
- An estimated 33–48% of low-handicap tournament golfers experience the yips, adding about 4.7 strokes a round (Smith et al., Sports Medicine, 2000). A trained pre-shot routine cut 1.9 putts per round in competition (Vine et al., 2011).

PROGRAM STRUCTURE

Training, not treatment: golfers with features of focal dystonia are referred for medical assessment.

Module 1. Introduction to the mind/body connection under pressure, and Biofeedback.

Module 2. Individual baseline: each golfer's arousal, peak and recovery to an imagined pressure putt. Resonance breathing begins.

Module 3. Participants introduced to proven specific coping strategies (neuroplasticity), applied to the meaning a golfer attaches to a pressure putt.

Module 4. Pressure on the putting surface: a physiological pre-shot routine tested under consequence-based pressure while measured.

Module 5. The golfer's own golf and life triggers, worked one-to-one under Biofeedback. Confidential.

Every program is licensed to the organisation. IPS trains your own personnel to deliver it, and facilitators are recertified every twelve months so that quality does not drift. The capability stays inside the organisation rather than leaving when a contract ends.

Arrange a 20-minute consultation

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Bookings require a minimum of 48 hours' notice. Delivered in person or remotely, worldwide.

*NEXUS BIOFEEDBACK

"The NeXus biofeedback solutions provide deep insights into health for empowering autonomic self-regulation with real-time feedback training." ~ Mind Media.

*HEARTMATH

The value of breath in the pursuit of emotional regulation.

*MINDFIELD eSENSE

The take-home sensor participants use to practise between modules.

TOMORROW MADE PRESENT

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