



WOMEN IN GOLF & BUSINESS

EMPOWER • INSPIRE • COLLABORATE



'WOMEN IN GOLF & BUSINESS'

'Women in Golf & Business' offers a smarter, healthier, and more enjoyable way to assist with professional & personal development. The golf course is a fantastic place to meet people, network and build the kind of relationships that could last a lifetime, particularly in business. The mindset principles that breed success in the game also provide an outstanding opportunity to enhance our well-being and performance both on and off the golf course.

The mission and passion of 'Women in Golf & Business' is to bring the wider benefits of golf to women across all sectors of business, enabling the opportunity of broadening their network, influence and impact, while also realising the internal benefits of playing golf – increased focus, self-confidence and overall well-being. We are passionate about providing women with the opportunity to embrace all the benefits and tools that golf offers from a professional, personal & well-being perspective, levelling the playing field and creating a more inclusive platform on the golf course, in business and in the workplace.

We offer unique golf, business & personal development programs to businesswomen and companies designed to enhance business culture, performance, personal achievement and well-being. Alongside this we offer bespoke golf & networking events, retreats, graduate programmes, membership packages and a supportive online platform.





WHERE IT BEGAN

Nicky Lawrenson, founder of 'Women in Golf & Business', embarked upon her professional career following several years of competitive golf and in 2001 attained her PGA Diploma gaining 3rd position within Great Britain and Ireland.



She furthered her coaching career at The Emirates Golf Club, Dubai, where she gained invaluable experience as Senior Academy Instructor at the Peter Cowen Golf Academy. Following on from Dubai, Nicky moved to Spain as Academy Director of Roda Golf & Beach Resort and since returning to the U.K, continued with her coaching and became the Director of Golf at Bowood Hotel, Spa & Golf Resort.

With over 20 years coaching experience expanding across several continents, Nicky has also pursued her passion within the field of performance mindset and alongside her experience as a PGA Fellow Professional and TPI Level 3 instructor is a certified Master NLP Practitioner. Her passion within this area also led her to study various concepts within human performance. In 2011 Nicky was awarded Fellow status within the Professional Golfers Association. With a coaching philosophy that bases itself upon a holistic approach, Nicky endeavours to develop each individuals golfing needs in an enjoyable, relaxed and simplified manner. Nicky has also gained great experience within various corporate golfing environments and noticed a familiar pattern arose whilst working within this arena in that female participants were in the minority. A great passion grew within Nicky to ensure that businesswomen could fully embrace and capitalise on the benefits these environments bring.

- **PGA Fellow Professional**
- **TPI Level 3 Professional**
- **NLP Master Practitioner**
- **Author & Founder**





WIGB PREMIUM MEMBERSHIP PACKAGE

'Women in Golf & Business' Premium membership provides access to some fantastic benefits as well as offering a supportive platform and community. WIGB work together with selected venue partners, brand partners and affiliates, including a host of excellent golf courses and facilities, offering exclusive preferential rates and discounts within the membership. Aimed at assisting in developing your game, offering support & guidance, professional & personal development as well as expanding networks and relationship building opportunities.

WIGB PREMIUM MEMBERSHIP BENEFITS

- 💡 Preferential rates with exclusive venue partners, brand partners & affiliates
- 💡 WIGB Membership card
- 💡 Discounted access to the golf & networking event series
- 💡 Newsletter, updates & tips
- 💡 One to one online 30 minute golf coaching consultation
- 💡 Access to a business directory & networking platform
- 💡 Access to regular webinars
- 💡 Website blog placement (one per annum)
- 💡 Access to competition giveaways
- 💡 Advanced ticket access to WIGB golf days, training programmes & retreats



WORKSHOPS & SEMINARS

Insightful workshops and seminars are available either at one of our venue partner locations or within the workplace. Catering to individuals and groups both large and small*

‘THE INNER EDGE’ PERFORMANCE & WELL-BEING WORKSHOP

Golf holds great parallels to how we live our lives both professionally and personally and provides a fantastic learning curve that enables us to enhance our well-being and performance both on and off the golf course. Linking the principles from Nicky’s book – Golf: More Than Just A Swing – Linking Mind, Body, Technique & Instinct, enjoy an insightful workshop that highlights informative strategies for enhancing well-being, performing under pressure, building self-belief, resilience and trust through the parallels that bridge golf, life and business.

* Bespoke workshops can also be tailor made to requirements





GOLF & NETWORKING EVENTS

Enjoy a breakfast, lunch, evening or full day event, meeting like minded women, making new connections and developing your game. Welcoming both first time and seasoned golfers alike. Bespoke events for companies, teams and organisations are also available and may be tailored to requirements.

VENUE PARTNERS & AFFILIATES

'Women in Golf & Business' work together with selected exclusive venue partners and affiliates of which include a host of excellent golf courses and facilities. Venue partners offer a variety of benefits to 'Women in Golf & Business' members including preferential rates and discounts, where you can enjoy each venues unique offerings with an opportunity to invite clients, business associates and guests. Our Venue partners also host a wide range of regular Women in Golf & Business events, training programmes and retreats.



'THE GAME CHANGER FOR YOU & YOUR BUSINESS' Golf, business & personal development programmes

Unique training days and programmes that combine the development of golf skills alongside professional & personal development. The events are designed to welcome newcomers to the game as well as help established golfers to make a step change. Combining the skills of experienced golf professionals and coaches, the worlds of sport, well-being and performance mindset are uniquely intertwined.

Each event offers a range of strategies including performing well under pressure, building resilience & developing self-belief, helping women develop their 'inner edge', a mindset and inner confidence that translate powerfully into the workplace. Events are held at a number of selected exclusive venues across the U.K and overseas; individuals benefit from the additional networking these afford. Company specific days, tailored to support organisational goals, values, vision, strategy or change agendas are also available, enhancing business culture, performance, personal achievement, and well-being.

Benefits and outcomes for attendees and your business

- 💡 Stress management strategies
- 💡 Increased creativity and productivity
- 💡 Enhanced physical and mental well-being
- 💡 Increased self awareness around any internal limiting beliefs that may be creating obstacles to maximising performance.
- 💡 Strategies for improving cohesiveness within teams and enhanced in-house communication, particularly for team members working from home
- 💡 Gender equality, inclusivity and female empowerment within the workplace
- 💡 A personalised focus on company strategies in a unique format, linking the parallels of golf, life & business
- 💡 Opportunities to develop business relationships and expand networks both internally and externally at individual and company level

1 DAY PROGRAMME - ITINERARY

- 8.45am:** Welcome, registration & coffee/light breakfast
- 9.00am:** Introduction into the professional, personal and well-being benefits of golf to businesswomen
- 9.45am:** Practical coaching session – Key fundamentals of the game
- 12.00pm:** Debrief
- 12.30pm:** Buffet lunch
- 1.15pm:** Linking the parallels of golf, life & business workshop. Performing under pressure, building trust, resilience & self-belief. May also be tailor made to align with company values, goals and strategies.
- 3.15pm:** Refreshment break
- 3.30pm:** Putting it into practice!
Practical coaching session, fundamentals follow up
- 4.50pm:** Action planning & feedback
- 5.30pm:** Optional drinks & networking

ALL DELEGATES RECEIVE

- 💡 Discounted access to **'Women in Golf & Business'** annual Premium Membership
- 💡 A complimentary hard copy of the book, **'Golf: More than Just a Swing'** - Linking Mind, Body, Technique & Instinct.
- 💡 A WIGB gift bag.





GOLF & WELL-BEING IMMERSIVE RETREAT

An immersive programme that encapsulates golf, well-being and personal development combined with an opportunity to fully embrace time for you. Offering a truly unique experience, whether you are new to the game or looking to develop your skills as an established golfer, a warm welcome awaits. Meet like-minded women, learn new skills & take time for you and your personal growth, all whilst enjoying the luxurious surroundings of a fantastic resort and idyllic location. This one of a kind retreat uses the golf course to breathe fresh air into personal development and transferable skills whilst taking time to recharge, replenish & refresh.





THE GLOBAL GAME CHANGER

EMPOWERING WOMEN IN BUSINESS THROUGH GOLF

Discover the Power of Connection and Growth

Join us for an unparalleled International 3 day event. This unique gathering is designed for women in business - whether you're a seasoned golfer or picking up a club for the first time. Prepare to elevate your game, both on the course and in the boardroom.

The fusion of business networking, personal development, and golf offers a unique opportunity to expand your horizons, meet influential peers, and take your professional journey to new heights.

Redefine the boundaries of your professional and personal development, be part of an event that promises growth, connection, and unforgettable memories.

THE GLOBAL GAME CHANGER

Empowering Women in Business Through Golf

DISCOVER THE POWER OF CONNECTION AND GROWTH





'THE LEADING EDGE' UNIVERSITY & GRADUATE PROGRAMME

A unique golf, business & personal development programme developed for undergraduate, graduate and postgraduate students both at Universities and within the workplace.

It provides women transitioning into and during the early stages of their career, with confidence, new skills, opportunities for growth, new connections and personal development both professionally & personally, creating a more inclusive platform in the worlds of sport & business.

A comprehensive programme to include:

- 💡 Golf coaching sessions - Building the foundations and developing the key fundamentals of the game
- 💡 Performance mindset workshops - Linking the parallels of golf, life & business. Building confidence, resilience & well-being
- 💡 Discounted access to WIGB annual Premium membership providing ongoing support.
- 💡 Online support via the CoachNow platform

'THE LEADING EDGE' GRADUATE PROGRAMME FOR BUSINESSES

Provide a unique and dynamic programme for your graduate & post graduate team. Creating fantastic personal & professional development benefits for each participant along with great team building and networking opportunities, enhancing performance within the company & workplace.

**WOMEN IN GOLF
& BUSINESS**
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The Leading Edge' Graduate programme for businesses

★★★★★

A unique golf, business & personal development programme,
equipping women for success in every area of their life.



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FOR FURTHER DETAILS PLEASE CONTACT:

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VISIT

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PGA FELLOW
PROFESSIONAL