



SPEAKER AUTHOR COACH

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Biography

Penny is Founder and CEO of her company Focus Determines Success. Her driven entrepreneurial spirit has enabled her to generate a most extraordinary career. Having begun her public appearances at the age of eight, leaving her native Australia at 21 to become a world class athlete and consistently building her business savvy brings Penny to her current career providing unsurpassed coaching to businesses and athletes alike. As an accomplished author, Penny has spoken to audiences globally bringing her Aussie humor along with her prominent insight of focus.

Having achieved being an LPGA Champion and being ranked Top 10 in the World, Penny's in-depth experience with peak performance is now channeled into business successes and wins. Penny has spent years researching the root causes of physical and emotional performance failures due to an individual's inability to focus when it counts.

Penny has consulted to professional executives, attorneys, business owners, non-profits as well as thousands of individuals and athletes. She has addressed Arizona State University Sports Physiology classes, worked with a juvenile detention center teaching anger management. She has been a featured article in *World News and Report* concerning focus issues.

In addition to the current activities listed to the right, Penny is Founder & CEO of the non-profit organization Golf Program for Kids with Autism, Inc. which provides kids with autism the opportunity to learn and grow with golf.

Testimonial

Dr Les Fehmi, Ph.D; Director

Princeton BioFeedback

Penny Pulz brings a combination of strengths to her coaching: She is an established golf professional, a skilled practitioner of Open Focus™ training, and possesses a dynamic personality. I was impressed with the subtlety of her understanding of my work and with her ability to package her skills using Open Focus™ into an athletic and business styled focus program that is effective, fun, and so well received.

Colleagues & Clients said:

What kind of breakfast cereal would Penny be? . . .

- Rice Crispy; you have a bowl full of these, add milk and you have uncontrolled goodness in your bowl.
- Kashi Crunch because it is a healthy choice and has a lot of texture just like Pen.

If Penny were a type of car, what car would she be?

- Mini Cooper - tough, fast and durable
- 635CSI BMW, very classy full of pep and downright powerful
- Bright red 4X4 truck. Strong, capable, a bit flashy and bright, fun

Favorite Quotes

"The way to get started is to quit talking and start doing"

Walt Disney

"See the simple clearly."

Penny Pulz



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Fact Sheet

WHO IS PENNY

Penny is a leading inspirational speaker and personal coach for working professionals, executives and athletes who want to better cope with life's extraordinary demands--all while enjoying the process.

Penny Pulz has always been a thinker. Her naturally inquisitive mind, coupled with great ability to develop ideas and solutions, has enabled her to overcome huge personal and professional obstacles that would have defeated many. From how to become a winning TV talent to a leading LPGA golfer ranked Top 10 in the World, Penny appreciates the value to 'see the simple, clearly', a formula that has consistently delivered for her and now is the cornerstone of her highly successful focus coaching practice for executives, professionals and athletes.

Penny has spent years researching the root causes of physical and emotional performance failures due to an individual's inability to focus when it counts. Partnering with leaders in the field of neuroscience coupled with her professional golf background, her sensitivity to performance when it matters sets her services apart.

"My mission is to provide a person the strategies and tactics to switch their thinking in a moment achieving more dramatic results while leaving the stress of performance behind. Peak performance in a moment impacts business success and personal livelihood in a positive way."

Founder & CEO Focus Determines Success; teaching and coaching strategies and tactics of thinking to switch your focus on demand to sustain productivity and manage stress.

Founder & CEO Women Owning the Game of Business Golf, combining the strength of an executive professional woman with that of an Olympian/professional sport woman learning golf together enhancing their business edge through golf.

Founding Team Chair at Trilogy Sports where she helps professional athletes transition from sport into business with a focus on adapting their competitive spirit into their new career path for dynamic results.

PENNY'S SERVICES

Penny teaches how to adapt your focus, leaving stress behind, so that as a business professional you are empowered to manage multiple projects, create new products, build new business and maintain strong team deliverables on demand. Delivered with high energy, uninhibited wit and life-changing insights all the while her message is grounded with her favorite quote; "see the simple clearly".

Penny provides coaching opportunities for executives, their staff, professionals and athletes interested in improving their peak performance thinking when it matters. Her services are

personalized and time appropriate to meet their goals. For example, half day, full day workshop, intensive three (3) day immersion or a highly motivating key note speaker. One on one coaching or specific VIP Days are routine.

Penny is comfortable measuring her success through the achievements of others.

PENNY'S PRODUCTS

Daily Focus Game Plan: Targeted Thinking NOW

This personalized program empowers you to excel in the focus skill of sustained Peak Performance thinking. In order to effectively meet the personal and professional demands you are faced with every day, you must manage your thinking to work at peak performance when it matters. What if you learn to *sustain* Peak Performance thinking over time and call upon it when needed in a moment? Now you have unlimited possibilities, allowing your imagination and your business acumen to fly.

Smart Decisions Under the Gun: 10 Focus Steps

This program lays out Penny's 10-steps that she used to manage her emotions under pressure to become a champion golfer. These same steps she uses today in her business. You will learn how to strategize your goal without emotion, make those clutch decisions under pressure and deliver positive results consistently. Every day decisions and actions are required in a minimum amount of time; much like a professional golfer has 20 seconds to execute excellent golf shots to make money.

The Power of Business Golf

Valuable relationships happen on the golf course; business is about building trusted relationships. The most successful executives are those who have strong interpersonal skills and can leverage sports to build trust, camaraderie and respect. The good news, the average business golfer shoots around 100. It is not about the number you shoot on the golf course, it's about the business golf number you receive after the game. Make powerful connections that translate to business growth.

PENNY'S CLIENTS

Clients utilizing Penny's programs are primarily business professionals and executives who are faced with the constant every day challenge of performing under demands of time, large volume of duties and 'what is the emergency of the day' situations. Professional athletes are also prime clients as these individuals are constantly seeking coaching to perform at their best when it matters.

Audiences of professional organizations and corporations benefit from Penny's keynote addresses or breakout sessions recognizing that the strategies and tactics of thinking can radically improve their daily professional lives which in turn bring benefit to their personal lives. As a dynamic and interactive speaker, audiences laugh and find inspiration in her key ideas

Penny brings forward the most advanced and effective thinking tactics; switching focus when it matters the most, providing dramatic results.

PENNY PULZ

LPGA Champion Top 10 World Ranking



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speaker, author, coach
business and sport



Focus Topics

Delivering Smart Decisions Under the Gun, 10 Focus Steps Harnessing Emotions

Developed from Penny's 18 year professional athletic career; enlightening her audiences about the demand of executing the best performance at the moment no matter how you might feel or think in that moment.

Daily Focus Game Plan

It's about results, get your mind right; providing you with clarity, focus, confidence and direction.

To schedule Penny Pulz to speak at an upcoming event, please contact 623-877-8559.

- ♦ Keynotes
- ♦ Trainings
- ♦ Workshops

Customized to meet the specific goals of each client.

www.PennyPulz.com/Press

Testimonials

"I attended one of Penny's sessions and had a powerful take away. The mental vacation exercise gave me a feeling of power, awesome imagery, as if nothing can prevent me from acting on anything."

William LaFollette, Lean Six Sigma MBB, CQE

"Penny's speech was lively, fun, engaging, and insightful. It was a helpful reminder to take out the emotion at one point in the process, then re-enter it later in a different way!! Her 10 steps are very powerful!!"

Dr. Linne Bourget, M.A., M.B.A., PhD