



RECOVERY LIFE COACH
SPEAKER AUTHOR

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Biography, Recovery Life Coach

“Winning and losing is ultimately how we focus, not what we focus on.”

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, sober woman for over 28 years, 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 recovery coaching for addiction, sport and business.

This ability to remain focused saw her leave her native Australia, at age 21, to play on the rapidly growing women’s golf tour in North America, winning 2 tournaments and ranking in the top 10 women golfers in the world. She took the lessons from almost 20 years at the top to launch a golf academy with a mental focus room, one of the first of its kind, measuring her success through the achievements of others.

More recently, her childlike enthusiasm and passion for managing her gift of brainpower saw her add a business element to her recovery coaching, helping professionals and executives learn to find balance in work and play and make life fun - again. A great builder of relationships, though often considered spirited or even sassy, Penny is not one to shy away from helping others to see how things are or can be. Working with clients using daily focus rituals seemed to be a natural extension from her own athletic daily mantra of “practice, practice, practice”.

Now living in Arizona, (though still attached to “Oz” through tales of kangaroo’s over vegemite breakfasts), you are just as likely to see Penny at a baseball game versus a golf course. Penny's playful spirit embraces kids and adults of all kinds; including teaching groups of incarcerated women concerning recovery and focus techniques.

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

Ranked top 10 Golfer in the world with 2 Ladies Professional Golf Association Championships (LPGA), Penny is grateful for having the competitive drive to leave her home country of Australia at 21 and enjoy an 18 year LPGA tour career while traveling throughout the world surrounded by high profile champions, from business to sport.

She lives and breathes the professional athletic and 12 step recovery principles in her personal and professional recovery-coaching career.

SPEAKING TOPICS:

Penny's personal and inspiring stories of recovery: *high energy, uninhibited wit and life-changing insights ... Penny delivers a memorable message with takeaways to apply immediately.*

Alcohol: Penny's drinking career started at age 13; first drink led to her first drunk and she blamed the orange juice for throwing up. Today she is 28 years clean, sober and grateful. Personally, Penny is an active member of AA and Al-Anon with a dynamic sponsor that reminds her to keep it simple; she also is a dynamic sponsor. She loves her Sober Girls home group and is grounded each week by her beautiful sober women.

ADHD: She practices a robust ADHD personal program that she created from her athletic world. It gives her the gift of a quiet mind without drugs. *"When you take away the booze; the brain is still on full throttle without a wheel to guide you, it is chaos. That is why I say I am twice blessed... I have recovered from the mental hell that I thought was, 'Hurry up' ". Penny Pulz*

Migraines, Panic Attacks: She practices Open Focus™ techniques to eliminate pain and stress. Penny had migraines and panic attacks for 14 years after she had left the professional golf world. She has been pain free since 2010.

COACHING PRODUCTS:

Penny's products support the lifelong journey of recovery providing coaching to strengthen, enrich and grow a recovering lifestyle.

Daily Focus Game Plan, Targeted Thinking NOW

Neuroscience technique eliminating pain and stress, Open Focus™

Smart Decisions Under the Gun, Penny's 10 Focus Steps

Emotional management steps for success in recovery, business and life.

12 Step Recovery Process

Managing the 'ism's' of addiction for growth in continuous recovery

NeuroOptimal® Neurofeedback

Neuroscience brain training technology helping people to feel better by eliminating or easing symptoms associated with depression, anxiety, social phobias and other forms of "dis-ease" or discomfort thereby shortening the time in negative loops of addictive thinking

PENNY'S CLIENTS

Clients utilizing Penny's programs are individuals who have been through treatment centers, used 12 step programs on their addiction, SMART Recovery® or other similar programs and desire healthy continuous recovery in all areas of life.