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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.

references and testimonies upon request

Penny Coaches Athletic Principles:

- Self motivate, motivate, motivate Again; SELF MOTIVATE
- Being coachable
- Being your own coach
- Stick-to-it-ness
- Practice and more practice
- Quieting the mind
- Healthy self-discipline

Penny's panic attacks and migraine recovery:

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.

Penny's short version, alcohol recovery story:

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.

Penny's ADHD recovery story:

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

As a former world class professional athlete; Penny understands that discipline is a gift from God. She is abundantly blessed with that spirit. She also understands the need for God's guidance to keep her in balance between her will, disguised as discipline, and God's discipline of her within her role as a golf coach and today as a Recovery Coach.

Certifications

- Recovery Coaches International (RCI); Board of Directors member
- National Certified Peer Recovery Professional (NCPRP)
- Penny developed and coaches her 10 Focus Steps, the emotional manager; derived from her golf swing routine which enabled her to keep a clear head under pressure executing peak performance on demand.
- Certified Open Focus™ Coach - Princeton Biofeedback Center. Founder and Director Les Fehmi, PhD 2008 - Present. Techniques to harness the power of focus and attention.
- Certified NeurOptimal® Neurofeedback trainer; Zengar Institute. 2009 - Present. Cutting-edge neuroscience brain training. Creating new bi-neural pathways for self-regulation, allowing the brain to operate more efficiently by letting go of ways of being that are no longer useful.
- LPGA Class A teaching professional. 1996 - Present. Skills strengthened by her golf coaching career; active listening, flexible languaging of concepts applied to a myriad of different minds and different backgrounds, mistakes are normal, laughing together.

Penny's Recovery Coaching Systems: Penny had asked herself this question; how did I win, why did I lose and how do I win in sport and life over and over again? She sought out new coaches, teachers and neuroscience professionals to learn how to manage, adapt and sustain peak performance thinking. She has devised her compilation of successful recovery coaching tools that match her athletic skill set which support her clients to remain in recovery for life.

- Penny's 10 Focus Steps, Smart Decisions under the Gun: the emotional management steps for success in recovery, business and life.
- Open Focus™: neuroscience technique eliminating pain and stress.
- 12 Step recovery process: long held successful pathway to remain in recovery.
- NeurOptimal® Neurofeedback: neuroscience brain training technology helps 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.