

UNLEASH YOUR DRIVE

IMPACT REPORT

CLIFTON PRIMARY SCHOOL
SUMMER 2024

INTRODUCING CHILDREN TO GOLF AND TEACHING MENTAL TOUGHNESS TOOLS AND GOLF SKILLS.

GOALS



Teach 9 Mental Toughness Tools

1



Teach fundamental golf skills – GASP

2

The core objective of the Unleash Your Drive golf programme is to equip children with nine mental toughness tools and teach fundamental golf skills empowering them to not only excel in their golf lessons but also apply these skills away from the lessons. Children learn how to effectively navigate challenging situations, manage emotions, commit to tasks, and boost confidence levels. These tools serve as pillars of resilience, empowering children to overcome obstacles and respond to setbacks, challenges and opportunities.

HEADLINE RESULTS

14

Participants

+19%

Mental Toughness Tool Impact

+17%

Average Wellbeing

BREAKDOWN

Warwick & Edinburgh Mental Wellbeing Scale

The Warwick-Edinburgh Mental Wellbeing Scales were developed to enable the measuring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing.



17%



INCREASE IN WELLBEING

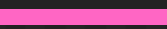
Mental Toughness Tools – Understanding and Application

Figures below show average increase in pupil scores from the post-programme questionnaire.



13% Challenge

Indicates that the group are better equipped to overcome challenges and learn from mistakes.



42% Challenge and Commitment

Indicates that the group are better equipped to persist, pursue goals and remain determined.



24% Control (Emotional)

Indicates that the group are better equipped to control their emotions.



14% Challenge

Indicates that the group can view a challenge or something new as chance to learn.



14% Control and Commitment

Indicates that the group are better equipped to be able to focus and stay on task.



58% Confidence (In Abilities and Interpersonal)

Indicates that the group have more confidence when speaking in front of a group and to their peers.

Fundamental Golf Skills

The Unleash Your Drive programme introduces G.A.S.P, a simple yet effective way to help children remember the four fundamental principles of golf that players of all levels adopt. G.A.S.P stands for Grip, Aim, Stance, and Posture.



UNDERSTAND G.A.S.P



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