

FLOWCODE[®]
ROADMAP TO THE FLOW STATE



PROJECT UNITY FOUNDATION

YOUTH

FLOW GOLF INITIATIVE

TEACH FLOW THROUGH GOLF

UNITED STATES JUNIOR FLOW GOLF
EDUCATION TOUR

TROON

taylorMade



PGA

PROJECT UNITY FOUNDATION

Mission Statement

Teaching Flow To The Next Generation

The Project Unity Foundation is dedicated to empowering youth by integrating the concept of flow into educational and sporting environments. Our mission is to harness the principles of flow to enhance learning, foster personal growth, and build resilience among children and young adults.

Flow describes a state of heightened focus and immersion in activities that challenge one's skills just enough to be engaging without causing overwhelming stress. In flow, individuals experience deep enjoyment, creativity, and total involvement in life.

At the Project Unity Foundation, we believe teaching children how to achieve and maintain this state can revolutionize how they learn and interact with the world.

Empowering Youth Through Golf

The Project Unity Foundation is thrilled to introduce the US Junior Flow Golf Tour, a groundbreaking initiative designed to teach children the principles of flow through the game of golf.

Led by renowned golf educators Dr. Rick Sessinghaus and Josh Alpert, the US Junior Flow Golf Tour will host 30 one-day events across the United States, offering children the chance to experience flow on the golf course while developing essential life skills.

As part of this initiative, the Project Unity Foundation is providing 100 grants to underprivileged children, enabling them to attend these events. We invite you to join us in our mission to bring flow, personal development skills, and core values back into youth education.



Educational Enhancement through Flow

Integrate flow-based methodologies into youth golf setting to increase engagement, improve performance, and reduce youth stress.



Personal Development through Sports

Utilize sports as a platform to teach flow, promoting physical health and psychological well-being.



Teaching Essential Life Skills

Teaching essential life skills, we utilize golf flow to foster flow experience, discipline, focus, resilience, and teamwork in children.

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About the US Junior Flow Golf Tour

The US Junior Flow Golf Tour is a series of one-day events held at 30 different golf courses across the United States. Each event is designed to introduce children to the concept of flow, a state of heightened focus and immersion in activities that challenge their skills just enough to be engaging without causing overwhelming stress.

Key Features of the Program

Interactive Golf Clinics: Each event will feature interactive clinics where children will learn the fundamentals of golf, focusing on mental and physical aspects to achieve a state of flow.

Guidance from Experts: Dr. Rick Sessinghaus and Josh Alpert, both PGA professionals and directors of the FlowCode Golf Academy, will lead the sessions, ensuring high-quality instruction and mentorship.

Onsite & Online Flow Programs: Incorporating flow activities such as focus exercises, goal-setting, and stress management techniques to help children understand and achieve flow states. These are conveyed both through onsite education at event, as well as online Flowcode Junior Golf Portal support.

Parent Involvement: Special sessions for parents to understand the flow principles and how they can support their children's development.

Benefits of the Program

Enhanced Concentration and Focus: Children will learn to concentrate on specific tasks and goals, helping them enter a state of flow.

Increased Enjoyment and Satisfaction: Experiencing flow in golf will lead to more enjoyable and fulfilling experiences, fostering a love for the sport, extending to all areas of life.

Improved Performance: Children will learn how to perform at their best, fully immersed and functioning at peak levels.

Development of Key Life Skills: Through the program, children will learn emotional management, develop discipline, resilience, and teamwork, skills that are beneficial in various aspects of life.

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Impact on Youth Development

Today's educational landscape presents numerous challenges that can significantly impede a child's ability to learn and develop effectively. Among these are high levels of stress, disengagement, and a lack of motivation within traditional learning environments.

These issues are often exacerbated by outdated teaching methods that fail to meet the diverse needs of individual students and do not account for modern psychological understandings of how children engage and learn best.

Stress and Anxiety: Many youth experience significant stress due to life pressures, leading to anxiety, burnout, and in some cases, chronic mental health issues.

Engagement: Traditional methods often fail to engage students, resulting in a lack of interest and a passive learning experience.

Motivation: Without engagement and with the prevalent stress, childrens' intrinsic motivation to learn and excel can dramatically decrease, impacting their overall personal development.

The US Junior Flow Golf Tour aims to make a significant impact on youth development by:

Reducing Screen Time: Encouraging children to move away from video games and engage in physical activity.

Promoting Mental Well-being: Teaching children how to manage stress and anxiety through the principles of flow.

Fostering Personal Growth: Helping children develop a growth mindset and resilience through challenging yet achievable activities.

YOUTH FLOW GOLF INITIATIVE



Sponsorship and Partnership Opportunities

Why Support the US Junior Flow Golf Tour?

Supporting the US Junior Flow Golf Tour presents an excellent opportunity for donors, foundations, and sponsors to invest in the future of our youth. By contributing to this initiative, you will be helping to create a lasting impact on youth development and help children achieve their full potential.

Enhance Educational Outcomes: Supporting a program that integrates flow into learning and development.

Promote Physical and Mental Health: Encouraging physical activity and mental well-being through golf.

Build Stronger Communities: Creating a positive impact on communities by fostering environments that enhance learning and development.

Sponsorship Packages

Main Sponsor: Exclusive naming rights for the entire tour, prominent branding at all events, and significant media exposure. Sponsoring and funding all tour events (30).

- 30 events with 20.000 USD covering each event, 600.000 USD for a complete tour

Single Event Sponsor: Branding and promotional opportunities at individual events, including signage, booth space, and media mentions.

- cover one event with 20.000 USD

Supporting Sponsor: Opportunities to support specific aspects of the program, such as equipment, clothing, meals, and awards or golf venue.

Be recognized as a key supporter of youth development and community well-being.
Contribute to a program that makes a tangible difference in the lives of children and their families.

Join us in our mission to teach flow to the next generation through the US Junior Flow Golf Tour.

FLOWCODE®
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US JUNIOR FLOW GOLF EDUCATION TOUR

Learning mental game skills to go from Fear to Flow

Each Junior Flow Tour Participant Enjoys Both Onsite & Online Support



Onsite Event Schedule

- 12:00PM-12:20 - Welcome and Intro (Parents can attend)
- 12:20PM-1:50PM - FlowCode Framework
- 10 minute break
- 2:00PM-3:30PM - Short Game / Flow Games and Drills
- 3:30PM-4:00PM - Lunch break / Boxed Lunch
- 4:00PM-6:00PM - 9 holes on Course
- 6:00PM-6:30PM - Post Round Flow Assessment / Flow Play
- 6:30PM-7:00PM - The Parent/Junior Relationship / Q & A
(Parents can attend last 30 minutes)

Online Flow Training

- 7 Day Junior Flow Journey Program (with flow triggers)
- Daily Live Flow Training For Juniors (Flow Boosts)
- Access to Junior Flow Competitor Course
- Access to Junior Flow Golf Community



Dr. Rick Sessinghaus, PGA

PGA is the Director of Flow Code Golf Academy, Golf Digest Top 50 Instructor in America and long-time coach for Two Time Major Champion Collin Morikawa.



Josh Alpert, PGA

PGA is the Director of FlowCode Junior Golf Academy, SCPGA Youth Player Development Award Recipient, GRAA Growth of the Game "Elite Member Status"

EVENT LOCATION

The Links at Terranea
Terranea Resort
100 Terranea Way
Rancho Palos Verdes,
CA 90275



FLOWCODE JUNIOR GOLF SCHOOL

0 \$ / participant

Includes all coaching, lunch, green fees, prizes