



# golf industry show

GCSAA Education Conference | Trade Show | GCSAA Golf Championships  
San Diego Convention Center | February 6-11, 2016



PRESENTING PARTNERS



PARTICIPATING PARTNERS



# Listening to Your Inner Voice: How It Can Save Your Life

Anthony L. Williams CGCS, CGM

We are engaged in three unique battles within our daily lives. They are the mind, body and spirit and together they transcend our total life experience and can give us incredible insights. If we take the time to listen, our inner voice has quite a story to tell and is tailor made to our circumstances.

# Can you hear me now? Higher mind vs. Lower mind





Trusting your intuition and inner voice  
requires active participation and just  
might save your life!



# Developing a Healthcare Team: Many Voices, One Song (yours)

## Professional

- Doctor (primary)
- Doctor (Specialist)
- Pharmacist
- Hospital
- Local Police, Fire/EMT Services
- Life Coach – fitness, health, career etc...

## Personal

- Life Experiences
- Clergy
- Family
- Mentors
- Health Resources – books, online etc...
- Health Records
- Health Insurance Plans

# Old Rural Saying, “It comes in Threes”

- 1) August 7<sup>th</sup> 2014, My Older Brother
- 2) September 22<sup>nd</sup> 2014, My wife and I meet the widow maker at the Sustainability in Golf Conference in Hilton Head, SC.
- 3) October 9<sup>th</sup> 2014, I check ride in the Life-flight helicopter off of my bucket list

# Action Steps

- Engage in the process of getting to know yourself in a deeper way (mind, body, spirit), inner voice lessons
- Learn personal healthcare skills such as CPR, First Aid, AED and water safety skills
- Make the Call, dial 911 if you have even an ounce of concern, it saves lives and every minute counts
- You have every right to be active in your personal health care, listen to your inner voice, follow your intuition, ask questions and be willing to act as if your life is at stake
- The smallest action trumps the grandest intention!



Listen to your inner voice because you never know where it may take you!

