

Unlocking the Mind: Richard Goldberg, MD, MS Launches Innovative Mental Golf Coaching Program

Transform Your Game and Your Life with Insights from a Renowned Psychiatrist Turned Golf Coach



New York City, New York May 9, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Richard Goldberg, a distinguished Professor (Emeritus) of Psychiatry at the Warren Alpert School of Medicine of Brown University, has transitioned his extensive experience in mental health into a groundbreaking career as a full-time mental health coach, speaker, and author. With over a decade of dedication to this unique niche, Dr. Goldberg

is revolutionizing how golfers enhance their performance and personal growth through the mental dimensions of the game.

His educational background is impressive, boasting an MD from SUNY Buffalo Medical School, a residency at Yale, and a Master's degree from Harvard. He is a board-certified psychiatrist with a specialty in geriatric psychiatry, and his expertise has earned him recognition as a Distinguished Fellow of the American Psychiatric Association.

Dr. Goldberg, now known as Dr. Rich Golf, has authored the acclaimed book, "Better Golf Better Life," which not only provides the essential mental tools for improved golfing but also highlights the transformative power of the sport in shaping individuals into better people. This dual focus on personal development and golf performance is at the core of Dr. Rich Golf, his bespoke mental coaching program designed for golfers of all skill levels.

"Golf is more than just a game; it's a pathway to personal growth," says Dr. Rich. "The mental lessons and values we learn on the course can lead to improved performance not only in golf but in every aspect of life, including our professional environment." His approach is unique, integrating optimal methods for learning and behavioral change with golf performance psychology and mindfulness practices. Dr. Rich, an avid golfer himself, draws from decades of personal experience as well as the professional insights gained from working with golfers.

Dr. Rich Golf is not providing medical or psychiatric services. His coaching is tailored to the individual and focuses on mental strategies that can unlock golf potential and foster resilience on and off the course.

In addition to his coaching program, Dr. Rich is available for speaking engagements at golf clubs, social venues, and corporate conferences. His upcoming book on "Better Golf Better Work" will elaborate on the ways that golf can be used to enhance leadership, workplace culture, and corporate performance. His engaging presentations are designed to entertain and inform, making the foundations of a better mental game accessible to all.

Learn More about Dr. Richard Goldberg:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/1912570-Richard-Goldberg-Sports-Medicine-Specialist> or through his website, <https://www.drrichgolf.com/> and his email drrichgolf@gmail.com

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Source : Richard Goldberg, MD, MS

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