Alcohol on the Course: Navigating Business Golf with Confidence

Key Concepts Covered

- In business golf, you'll encounter a range of drinking preferences-from cocktail lovers to completely sober players.
- Moderate drinking can help create a relaxed environment and build rapport.
- Overindulging, however, can impair both your swing and your conversational judgment.
- If you choose not to drink, that's completely valid-don't feel pressured to conform.
- If you're the only non-drinker in a group that's drinking, you may feel slightly out of sync-but stay confident.
- Ultimately, your comfort and self-awareness matter more than fitting in temporarily.
- Let your behavior be professional and composed-no matter what others are doing.

Pro Tips

- Decide your stance on alcohol *before* you play-so you're not caught off guard.
- You can always hold a drink without finishing it-just to stay casual without overindulging.
- Confidence in your decision-drink or no drink-is what others will remember.

Next Step: Watch the 'Alcohol on the Course' video in your Golf4Biz Learning Center