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How To Improve Your Golf Game - Make the Hole Bigger!

by Alan D Quilley CRSP

How Do You Improve Your Golf Game?



Make the Hole BIGGER!



There are very few sure things in life. However, there are ways to increase your chances of success when the outcome is not assured. In the game of golf, where you hit a very tiny ball with a variety of clubs across a very large field, trying to get it into a small little cup embedded into the ground, there are many chances of failure. If you've ever played the game you know exactly what I'm talking about. If you haven't...don't try this at home!

You can do a lot of things that will make it more likely that you'll get the tiny ball in the small cup in as few hits as possible (those who know the game call these strokes...I think that's because if it takes you too many strokes to get the ball in the hole, you will have a stroke).

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If you ask a golf pro what they do, they will tell you that they:

- Have very good tools (clubs, balls, shoes and a very trendy outfit with a nice hat with an endorsement sponsor logo on it)
- Practice hitting balls with those expensive clubs
- Keep in shape through exercise
- Eat right and get enough sleep
- Get coaching

It's actually a very intense process. The other way they could improve their game is to simply make the hole bigger!

There is no single thing that we could do to decrease the number of strokes it takes to get that tiny golf ball in the cup, except to make the hole bigger. Now, I know that doesn't ensure that every golfer will get a better score. So, it isn't a sure thing, but we have certainly increased our chances.

Golf is not unlike managing our safety programs; we need to do a lot of activities to get safety to happen. We can, of course, increase our chances of success by making our goal easier to attain. In safety, there are some common things that we can do to make it more likely that we will hit our goals of safety and therefore reduce the change of injuries and illness.

So, don't forget to engineer your places of work to increase the chances you'll meet your goals. Giving your employees the right equipment, the proper anchor points to attach to, and the proper tools won't guarantee that safety will be the outcome, but it sure increases the chances!

FORE!

Alan D. Quilley (1954-2021) was a prominent figure in the realm of occupational health and safety, with a career that extended over four decades. As a CRSP, published author, and accomplished consultant and trainer, he significantly impacted the OH&S community. His insightful writings and educational efforts are still relevant today. In tribute to his legacy, I will share Alan's earlier works in this newsletter, as they provide enduring wisdom and guidance that benefit us all. Although he has passed, Alan's dedication and passion for safety endures through his lasting words and teachings.

BCRSP - CPD Online Mandatory Ethics Course - July 2/25

Our next Ethics course, approved by the BCRSP and in conjunction with Lambton College, commences July 2. Registration is open until July 8/25. The course concludes July 31/25.

To register for the course, please click [here](#).

Kudos for our CRSP and CRST Virtual Coaching & Study Material

"Taking the prep course was instrumental in my passing of this exam as it gave me a structure to work with and not be overwhelmed by the information that has to be covered. Without guidance on how to prep for the exam, I would have gone down many rabbit holes that would have taken away valuable study time that would be better utilized in other areas of the material."

"Thank you very much for the assistance and I will recommend the prep course to anyone who is planning on writing the exam".

"For anyone out there sitting on the fence and not yet committed to taking prep course, I would highly recommend it! Personally I came away with many insights that are going to benefit my career, never mind the examination. I am making my way through the excellent study material that I received and am a smarter practitioner for having access to that material. Light bulbs going off daily not only re 'the right reference material to study', but getting concepts..."

What are you waiting for?

Testimonials from our valued clients serve to reinforce that along with their own hard work, our study material/coaching packages and process, prove without a doubt that WE have the right formula. Visit the [website](#) or contact [Marie](#) for more details!

CRSP AND CRST VIRTUAL COACHING EXAMINATION PREPARATION

As it has always been our commitment to help candidates with their studies for both the [CRSPEX](#) and the [CRSTEX](#), we offer Virtual Coaching Packages. These packages are available to those that are writing the 2025 Blueprint CRSPEX or the 2024 Blueprint CRSTEX. We will provide all of the material (shipped at our cost within Canada only). We are delighted to extend discounts to active members in good standing of WOHSS or the HSPC (not combinable and proof of current membership is required). For more information, please contact [Marie](#).

This virtual package includes 6 hours of personal coaching with Greg McInnes CRSP (NP) (CRSP held from 1994 - 2023) The hours are broken down however you wish. There will be self-study assignments between the calls. Calls are individualized and held via phone or Zoom Video Conference, your choice. Virtual Coaching packages must be used within 6 months of purchase.

“It’s really important to know who is trying to teach you something”. - Alan D Quilley CRSP

Who is your Coach?

Greg McInnes is the coach and can help you effectively study in your journey towards certification. He is a respected leader in OH&S, having over 3 decades of experience in various OH&S management positions (civic government, healthcare, aerospace, oil and gas and utilities). Greg has also been on the Board of Governors for the BCRSP, served as Chair of their Professional Conduct Committee and held positions with the CSSE at local, provincial and national levels.

Greg has developed and instructed adult OHS education programs at the University of Alberta and has co-instructed at NAIT, along with instructing OHS courses for various companies. With all his experience, and sharing the Safety Results’ techniques to help you focus your studies, why look elsewhere? Selecting a mentor is an important decision, and it's essential to evaluate their qualifications. When weighing your options against other providers, pay attention to their experience, teaching styles, and how well they match your learning objectives to ensure you make a well-informed choice. We are confident that they will not be able to match us in quality, experience, and teaching methodology.

“There are no hard questions if you know the answers”. - Alan D Quilley CRSP

CRST Virtual Coaching Package

Inclusions:

- Study material (material shipped at our cost within Canada only) based on the 2024 CRST Examination Blueprint
- 6 hours personal coaching with Greg McInnes
- CRST Exam Prep Study Manual
- CRST Exam Prep Knowledge Gap Analysis Questions & Answers Workbook
- Handbook (offered only with the Virtual Coaching Package)
- \$899.00 + tax

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If you wish to purchase only study material

(CRSP Study Manual and Workbook or CRST Study Manual and Workbook)

please visit our website:

[CRSP Study Material](#) or [CRST Study Material](#)