

# Handicaps will be lifeline at corporate golf day

**MANY double-digit handicappers might argue that golf has nothing to do with emotional healing, but the local branch of Lifeline – which will be hosting its first annual corporate golf challenge in conjunction with the Warren Jack Property Group on June 24 – begs to differ.**

“Our aim is to provide a vehicle for people through which they can experience emotional healing,” says Lifeline Director, Susan Potgieter. “All our fundraising and awareness projects focus on this vision,” she says, “hence the golf day.

“We believe golf is a wonderful way of breaking the monotony and stress of everyday life. As with many other sports and hobbies, the game of golf is a magnificent tool to encourage emotional wellness.”

Potgieter says that people, who are emotionally well, are better parents and better employees. “The impact of a person’s emotional wellness is felt by a much wider group of people,” she explains.

“Many people’s perception is that we (Lifeline) only provide counselling to persons who are possible suicide victims, but our twenty-four hour service goes far beyond that.”

According to her, Lifeline, which is a community-based organisation, reaches out to many different spheres of society.

“For instance, we provide anger

management and trauma debriefing programmes to workers. Our link with businesses is one of the reasons why we decided to organise a corporate golf day.”

She stresses the fact that Lifeline’s services are free and urges people to make use of them.

Warren Jack, from the Warren Jack Property Group, says his company identifies with Lifeline’s vision of using social activities such as sport as a tool to promote emotional wellness.

“In today’s tough business environment an employee who does not have a natural stress outlet can very quickly become negative and unproductive – or even worse, affect the rest of the workforce.

“I promote such activities within our company,” says Jack, who plays off an eight handicap. “I challenge other companies, and especially estate agencies, to support this initiative.”

Potgieter says Lifeline has a reputation for offering “unique” events to the public and that the golf day will be no different.

“Even I have taken some golfing lessons. As a director of Lifeline, but a non-golfer, I wanted to send out the right message and participate. Now that could be a unique sight!”

The format of the tournament, which will take place at the PE Golf Club, is a four-ball alliance and the cost is R1 000 per team. Tees (R500

each) and prizes can still be sponsored.

For more information, contact Rionne at Lifeline at ☎ 041 373 8882 or Cathy at the Warren Jack Property Group at ☎ 041 365 6200 or Warren @warrenjack.co.za.



**Warren Jack from the Warren Jack Property Group shows Lifeline director Susan Potgieter the finer tricks of the golfing trade. Photo: Full Stop Communications**

