



Photo courtesy of Mark Garibaldi

Mark Garibaldi

Mind over matter: Local life coach helps others with winning game plan

By Lisa Kimble

Seventeen-year-old Kendall Huser is the kind of student every parent hopes for: high achieving, active and involved. But behind the scenes, the Bakersfield High School senior golfer was having trouble keeping her head in the game. “I never knew what to think, or I would think too much when I’m out on the course for five hours,” she said.

Frustrated, the ASB vice president, who aspires to play golf next year in college, turned to Mark Garibaldi, a local life coach and founder of the popular Garo Method for direction.

It was a good call, she said, and a decision that has changed her life. “They say 90 percent of golf is mental. The program is amazing and has changed everything and my whole outlook on the course.” Her swing has improved, she has shot her best rounds ever, and she has been contacted by college golf coaches. “I’ve never been happier,” she added. The same can be said of others.

Three years ago, recent Centennial grad and Bakersfield College freshman golfer, Jack Henneberry found himself in the same boat —

with ambitions of continuing to play golf after high school but lacking focus. His father had heard of the mental fitness program, The Garo Method, and decided it was time to make the investment. “The pro at Seven Oaks, Joe Haggerty, introduced the program to us as ‘the secret,’” Pat Henneberry said. “I thought ‘Well, I’m spending a lot of time and money on equipment, lessons and professionals.’”

Today he believes it was worth every penny. This past May, Jack and his teammates brought home Centennial’s first ever Central Section golf title. “His [Jack’s] improved self-confidence showed in the classroom, too, where he took on a leadership role in a virtual class that required public speaking,” he added.

So what was the secret to ‘the secret?’

“You are able to rid yourself of distractions and think more positively about yourself and raise your self-esteem,” Pat Henneberry said.

The Garo Method is a three-pronged program of mental fitness, nutrition and physical ability that has been employed by hundreds of people, from the classroom to the boardroom, from students and athletes to professionals. “For a lot of adults, their biggest distraction is daily stress,” founder Mark Garibaldi said. “This has helped people become more focused, more calm and relaxed.”

Launched in 2002, The Garo Method’s methodology develops a mental fitness regimen through the use of trigger words, deep, medita-

tive, sessions, and integrates nutritional awareness and physical fitness. Developed over a lifetime of life experiences, principles and philosophy, the CD program and one-on-one life coaching aren't just athlete-specific, but aimed at anyone determined to master mind over what matters most to them. "I want to help make someone a great human being who walks with confidence," he said.

Bakersfield native Garibaldi, a standout high school and collegiate athlete, earned a bachelor's degree in behavioral science from the University of San Diego, and a master's at Cal State Bakersfield. After a formal grievance at CSUB unwittingly thrust him into the role of spokesman, successfully championing the cause of his fellow grad students who encouraged him to pursue a career in law, Garibaldi enrolled at the University of Pacific's McGeorge School of Law, where he began crafting his plan, putting the mental aspects and principles in place.

"When I began to use it on myself in law school, I realized this is what I am supposed to do," Garibaldi said. He returned to Bakersfield, and after a year in private practice, joined the District Attorney's office where he spent more than a decade. As rewarding as the work was advocat-

ing on behalf of victims, Garibaldi said he found the adversarial nature of criminal litigation stifling. "What I am doing now is all positive," he said, adding that he always thought he would be involved in coaching someday.

The Garo Method

- For more information call 635-8447 or visit thegaromethod.com.
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Today, he is part coach, part therapist, part parent and part counselor. His concept has worked for hundreds of people across the country, including Major League baseball player Geoff Blum. "My mind had become flooded with negativity — bad team, bad coaches...bad city and eventually, a bad attitude," Blum writes on The Garo Method's website testimonial page. "I began listening to Garo's message...my performance and attitude improved, and I was able to regain my integrity."

Six years ago, Blum went on to hit the game winning homerun at the top of the 14th inning of Game 3 of the 2005 World Series, which was the longest game in World Series history.

Garo, short for Garibaldi, is the nickname his college football teammates gave him. "My program is designed for people who want to reach their potential. It is all about self-esteem." The unique one-on-one program ideally involves up to eight sessions, two to four hours each, although it is tailored to the needs of the individual. "The cornerstones of this program are self esteem, relaxation, confidence, believing in yourself and being able to achieve what your goals are," he said. "By making them healthy, they become better more productive citizens."

A lifelong fitness devotee, Garibaldi also incorporates juicing and homemade energy drinks into his curriculum, as well as placing a heavy emphasis on appreciation and good manners. "This is all about teaching you how to teach yourself to become a better person and improve the quality of life."

The results are proven. "I will use these tools forever," Huser said. "I feel so much better about myself, and I have such a better outlook on everything." At the end, participants receive a three-inch thick binder containing all the materials covered in the course, a blueprint of the principles and roadmap for the future.

Garibaldi believes he has found the magic formula. His clients agree, and their academic, athletic and professional performances underscore that. And his enthusiasm for the ability to help transform lives is pronounced. "This isn't work at all," he enthuses. "Why shouldn't we all be the best we can be?" ■



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