

Bob Regnerus (Pronounced R+egg+near+us)



I'm Bob Regnerus, but most people just call me **Coach Reg**. Since I was 16, I have been coaching. First on the basketball court for nearly four decades, then in the boardroom, on the golf course, and at life's biggest crossroads.

I have spent over 30 years as an entrepreneur and advisor with a unique ability to see what others miss and help people loosen their grip on what no longer serves them. My approach is not about adding more strategy. It is about helping you see the truth of what is already there.

My grand experiment these days is simple: live and coach with a lighter grip, trust what shows up, and help high achievers play the course of business, health, relationships, purpose, and legacy with more clarity and joy.

I created **SPARK Sessions™**, my immersive coaching experience that reveals hidden stories and unlocks breakthroughs quickly. I also founded **SPARK Tee Time™**, my newest way to combine golf, deep coaching, leadership, and conscious living all on the course.

I am the author of seven books, including *the SPARKS* and *SPARK Tee Time™: 18 Lessons on Life, Leadership, and Golf from the Fairway*. I have shared these insights on hundreds of stages worldwide.

Beyond my work, I have been married to my high school sweetheart, Arlene, for over 33 years and we have raised two incredible daughters. They remind me every day that how you play the game says everything about how you live your life.

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Podcast Topics

- **Loosen Your Grip:** The 107 vs 83 Story
- **What Golf Reveals:** How You Lead Under Pressure
- **SPARK Tee Time™:** Real Coaching on the Course
- **Play the Course vs Force the Game:** A Better Approach
- **Front 9, Back 9:** Leading Your Next Season Well
- **Golf as a Mirror:** Spotting Patterns Fast
- **Pressure and Presence:** Staying in the Now
- **Overthinking to Play:** Getting Unstuck
- **When Plans Fail:** Reinventing Identity Midstream
- **Reignite the Fire:** Finding Joy in Work and Life
- **Fitting Around vs Fitting In:** Living on Your Terms
- **Break the Loop:** Stop Overcorrecting Mistakes
- **The Fear Line:** How to Cross It Without Hesitation
- **Cause & Effect Loop:** Why Your BS Shapes Everything
- **Perspectives on Progress:** A New Way to See Growth

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