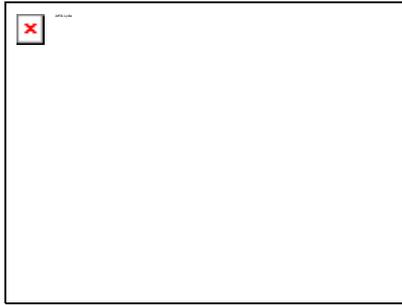


Dear Colleague,

It gave me enormous satisfaction to see Lydia Lassila claim her well deserved GOLD MEDAL on Thursday.



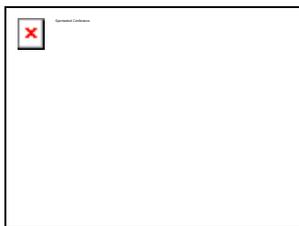
I have worked with Lydia over the past 2 years helping her prepare mentally and emotionally for that event! Last year I helped her prepare for the World championships - which she won. She has followed that up this year by winning two gold medals in the world cup events, setting a new world record score, and now winning the Olympic Gold medal!

Two of the mental skills which I taught Lydia are visualisation and emotion management - staying in the performance zone.

Both these essential skills will be covered in the forthcoming Sportsmind workshops in Perth and Sydney, and in the Mental Mastery program in August.

[Details for all my workshops available here....](#)

2 day Outstanding Achievement Workshop in Sydney.....



If you are an elite sportsperson or coach of others who recognises that performances too often fall short of physical and technical potential, please do come along to this life changing and performance enhancing workshop. My website has great feedback from athletes who took the time to do so and are now reaping their rewards from years of physical training and effort.

2 day Outstanding Achievement Workshops in Sydney:

"Visual Power!"
&
"Get in the Zone" with
Colin Cromack"

23/24 Mar Syd

**Call to book
07 5445 7994**

Sportsmind in the UK 2010:

["Sportsmind Six-Day
Mental Mastery
program"](#)

**Wed 13-23rd
September**

email:
jh@sportsmind.com.au

Sportsmind
Coaching Excellence

**Wed 23-25th
August**

Sportsmind Mental
Mastery

**Wed 26-31st
August**

**SYDNEY - Tuesday 23rd and Wednesday 24th
March**

Tues: Visual Power!

Visualisation and mental rehearsal are essential tools for all sportspeople - learn how to utilise and implement basic and advanced visualisation techniques to enhance many aspects of your performance - including specific exercises to improve sports skill levels and competition performances.

Wed: Getting in the Zone with Colin Cromack

Winners of sporting events often discuss how they stayed focused and got into their "zone".



Performance anxiety at critical times is often the difference between success and failure. **What is this Zone, how do winners get there and why do they also leave it so quickly?** This workshop will teach you the skills to achieve one pointed concentration - how to get and stay in the 'zone' and keep your conscious mind focused in the seconds before, during and after execution.

Book in to the fantastic 2 day program which Colin Cromack and I are conducting on **March 23 & 24 for just \$495** - if paid by 15th March (a saving of \$300!).

[Workshop details and Newsletter available here..](#)

Finally, a few words from the golden girl herself:

"Jeffrey, your Sportsmind training program takes mental training to a level that I didn't know existed. My expectations were to learn mental skills that would help me perform better. Not only have I achieved this, but I now know myself at a different level. I have analyzed all the aspects that make up me: my thoughts, emotions, beliefs and values. I have learned to take control over

email:

jh@sportsmind.com.au

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*them, empowering me to shape my own future.
Many thanks"*

Lydia Lassila, 2009 World Cup Aerial Skiing
Champion. And now 2010 Olympic Gold
Medalist!

**Call me now to book your place and empower
yourself to shape your future sporting successes!**

Warm regards,

Jeffrey Hodges
Sportsmind Institute

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