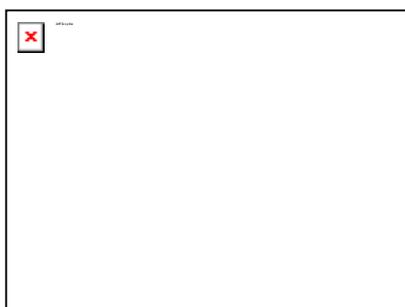




Dear Colleague,

The first Sportsmind workshop in Perth last week went really well with participants from the West benefitting from improved visualisation and emotion management skills.



Jeffrey celebrates with Lydia Lasilla

In response to feedback received on time constraints, the planned two-day programs in Sydney have been revised to a single day. The workshops will also be held at an exciting new venue, Inner City Golf, St. Leonards and the price includes morning tea, lunch and afternoon tea.

Both Colin Cromack and I will be presenting. I will be presenting the outstanding visual power workshop condensed into 4 hours and Colin sharing the secrets of concentration and attentional focus in the afternoon, again 4 hours.

Details for all my other workshops available here....

1 day Outstanding Achievement Workshops in Sydney....only \$395

**1 day
Outstanding
Achievement
Workshops
in Sydney:**

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

**Tue 23 Mar
Wed 28 Apr**

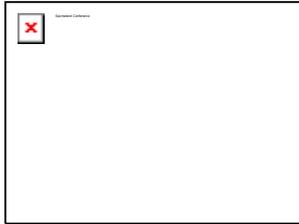
**Call to book
07 5445 7994**

**Sportsmind in the
UK 2010:**

"Sportsmind Six-Day
Mental Mastery
program"

**Wed 13-23rd
September**

email:
jh@sportsmind.com.au



Developing Self Awareness

If you are a sportsperson or coach/teacher of others and recognise that performances too often falls short of physical and technical potential, do come along!

SYDNEY - Tuesday 23rd March or Wed 28th Apr

8:30 -12:30 : 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.

13:30 - 17:30: Getting in the Zone!

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 1 day program which Colin Cromack and I are conducting on Tue 23rd Mar and Wed 28th April for **just \$395**. Truly excellent value!

[Sydney workshop details and Newsletter here..](#)

This 1 day workshop will change your life and your sports performances - don't be too surprised at the improvements you will get after just one day! Our

Sportsmind
Coaching Excellence

**Wed 23-25th
August**

Sportsmind Mental
Mastery

**Wed 26-31st
August**

email:

jh@sportsmind.com.au

Quick Links

[SM Workshops](#)

[SM Books & CD's](#)

[Target Oriented Golf DVD](#)

numbers are strictly limited, so book in soon - we now only have a few places left for the first one!

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

Warm regards,

**Jeffrey Hodges
Sportsmind Institute**

Save 40% Early Bird Bookings Available For All Workshops.

See Specific Workshop Details here: [Early Bird Offers](#)

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Sportsmind Institute | 77 Flaxton Mill Road | Flaxton | Queensland | 4560 | Australia

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