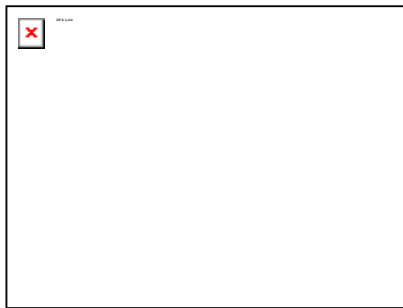




Dear Colleague,

One of the features of Lydia Lassila's success in winning the Olympic Gold Medal in the aerial skiing finals was her ability to maintain her confidence and self belief, especially after performing below her best in the qualifying rounds. Coupled with Lydia's composure under pressure this was a vital ingredient for her success.



Jeffrey celebrates with Lydia Lasilla

I taught Lydia both these key skills and both will be covered in detail in the next Sydney workshop on Tuesday 27th April at Inner City Golf, St. Leonards, Sydney.

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

**"Core of  
Confidence!"  
&  
"Composure Under  
Pressure"**

**Tue 27 April  
Tue 8 June**

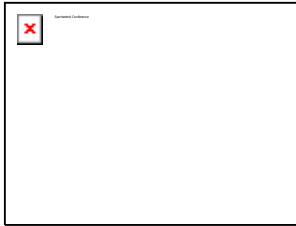
**Call  
07 5445 7994**

**Sportsmind  
Coaching  
Excellence**

**Wed 23-25th  
August**

**Sportsmind  
Mental Mastery**

**Wed 26-31st  
August**



Developing Self Awareness

If you are a sportsperson or coach/teacher of others and recognise that performances often fall short of physical and technical potential, please do join us.

**SYDNEY - Tues 27th April & Tues 8th June**

***9:30 - 13:00 : Core Of Confidence!***

Participants will learn practical skills and techniques for **building and maintaining confidence and managing your emotions** to perform at your peak abilities.

***13:30 - 17:00: Composure Under Pressure!***

Performance anxiety at critical times is often the difference between success and failure. Years of hard work in



practice developing physical & technical excellence can be undone in a moment by a single erroneous thought process. Come and learn how to keep your mind focused when you need it!

Book early for this unique 1 day program which Colin Cromack and I are conducting on **Tue 27th Apr** and **Tue 8th June** for just **\$395**. Numbers are limited to just 10 participants maximum.

**[Workshop detail and bookings available here..](#)**

## **Sportsmind Mental Mastery & Coaching Excellence Courses.**

The full Sportsmind Mental Mastery workshops and Coaching Excellence courses are being held at the

**Sportsmind in the UK 2010**

**"Sportsmind 6 day Mental Mastery program"**

**Wed 13-23rd September**

### **Quick Links**

[SM Workshops](#)

[SM Books & CD's](#)

[Target Oriented Golf DVD](#)

Sports Super Centre on the Gold Coast in August.

**Coaching Excellence (Mon 23rd - Wed 25th August)** for coaches, PTs, teachers and managers is 3 days of outstanding skills for coaches and people managers

**The Mental Mastery workshop (Thu 26<sup>th</sup> - Tues 31<sup>st</sup> August)** comprises 6 days of intensive mental skills training for aspiring sportspeople and coaches - covering goal achievement, confidence and self belief, visualisation techniques, concentration skills, emotion and anxiety management, positive attitude, positive self image and self esteem. This is 6 days of incredibly motivating and empowering training for any successful or aspirational athlete or coach.

[Further details available here on my website...](#)

If you have any questions or wish to make a booking, please call me on 07 5445 7994 and do not miss this unique opportunity to empower yourself to shape your future sporting successes!

Warm regards,

Jeffrey Hodges  
Sportsmind Institute

**Save  
25%**

Book and pay for Coaching Excellence or Mental Mastery before 30th June and enjoy a saving of up to \$450!

**Coaching Excellence 23-25 August : just \$745 Full fee \$995**

**Mental Mastery 26 - 31 August : just \$1,345 Full fee \$1,795**

Offer Expires: 30th June 2010

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