



Dear Colleague,

**IT IS NOW ONLY 5 WEEKS UNTIL THE 2010 SPORTSMIND TRAINING CAMP ON THE GOLD COAST...**

Book now and save \$1,000.00 with the early bird discount until 7th December.

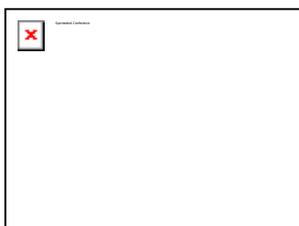
\* Come to 6 days of Sportsmind Mental Mastery training that will improve your sport - and change your life!

\* Learn how to use your mind and emotions to be more confident, focused, motivated and successfully achieve YOUR goals and dreams.

\* Rub shoulders with other aspiring athletes and inspirational coaches in a positive environment of personal success.

Join me at the Sportsmind *Mental Mastery workshops* & Annual Sports NLP Intensive Coach Training on Mon 4th through to Sat 9th January (6 Days) at the Runaway Bay Sports Super Centre, Gold Coast.

The best way to learn mental training is in an intensive training camp because much of the learning will go in UNCONSCIOUSLY so you will be surprised and delighted in finding important changes in those aspects of your sports performance and behaviour have improved - automatically - without having to consciously 'try hard' to overcome specific 'problems'.



Also, you will have an opportunity to interact with like minded people aspiring to improve themselves in a positive, inspiring environment.

Please do come in January, you will really be glad you did.

Full 6 Days Tuition Fee: \$2,497.00

**BOOK NOW AND SAVE \$1000**

Early Bird Discount Full 6 Days Only **\$1,497.00**  
(The Fee also includes Sportsmind Level 1 coach accreditation!).

Skills you will learn and master at

**Sportsmind  
Mental Mastery  
& Annual Coach  
Training, Gold  
Coast:**

"Six days of Mental  
Mastery workshops"

**Jan 4-9, 2010**

[More Details..](#)

**Sportsmind 2 day  
Workshops  
in Sydney &  
Melbourne 2010:**

"Core of Confidence!  
Master Your Emotions  
&  
'Get in the Zone' with  
Colin Cromack"

**2/3 Feb Mlb  
8/9 Mar Mlb  
23/24 Mar Syd**

**Call to book  
07 5445 7994**

**Sportsmind in the  
UK 2010:**

"Mental Mastery and  
Sports NLP Coaching"

**Please contact me  
for exact dates  
and venues.**

**email:**

[jh@sportsmind.com.au](mailto:jh@sportsmind.com.au)

## the camp include....

### **Mon 4th Jan : Do it! Irresistible Momentum For High Achievement**

Achieving big goals is a process which involves deciding what you want, establishing a viable action plan, and taking consistent action. **Take the time today to establish your direction for the future and give yourself the best chance to succeed using the Sportsmind approach.** Learn proven, power motivation techniques for enhancing your own self-motivation, and important motivation principles for teachers, coaches and team leaders for successfully motivating others in a positive, empowering way.

### **Tue 5th Jan : Visual Power! Dream It Into Being**

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 6th Jan : Core of Confidence! Master Your Emotions**

The best athletes have an unshakeable confidence and a positive emotional control that enables them to excel under pressure. However, like other attributes, **confidence and positive emotional control are learned behaviours and can be improved with the right training.** Learn how to develop your confidence and master negative emotions to get into the peak performance 'zone' using simple, practical techniques suitable for both training and competition.

### **Thu 7th Jan : Positive Compulsion! Develop Performance Consistency**

Consistent success is a result of building and maintaining personal momentum by holding a compelling positive vision of your success. **Learn how to build and access 'positive compulsions' and use your personal 'timeline' to be more successful,** achieve significant long term goals, and make your most cherished sports dreams a gold medal reality.

### **Fri 8th Jan : Iron Mind! Build a Positive Mental Attitude and Powerful Self Image**

Negative thinking is detrimental to individual and team performances - yet even elite level players can suffer from lapses into negativity and pessimism. **Learn how to stay focused on the positive, build a powerful self image, and develop the mental toughness and optimistic outlook of a**

### Quick Links

[SM Workshops](#)

[SM Books & CD's](#)

[Target Oriented Golf DVD](#)

consistent champion.

**Sat 9th Jan : No Limits! Smashing the Belief Barriers**

Beliefs are powerful determinants of sports performance: **the body cannot do what the mind won't believe** - yet many beliefs are socially accepted 'realities' rather than truth. Learn how beliefs work in our lives; how to release limiting beliefs; and how to encourage more positive and empowering beliefs in your life, and enhance your sports self esteem.

**If you can't make it for the full six days you can also come for 1, 2 OR 3 DAYS and work towards attaining your Level 1 Sportsmind coach accreditation (Individual workshops \$497 each)**

## **A Vision to Share...**

Over the next 10 years Sportsmind will be the leader in performance coaching - **with a network of accredited coaches working with the best athletes in the world.** The people involved will have a practising sports background, interested in coaching, and be superb facilitators able to create learning environments which are challenging, enjoyable and directed at personal development.

### **Sportsmind Coach Training**

To be part of this vision, you will complete Sportsmind training to attain accreditation, and a licence to practice. For coaches, teachers and personal trainers, advance your professional training and become a Sportsmind Performance Coach.

The Sportsmind Correspondence Course comprises 10 modules - each module requiring about 35 - 40 hours of reading and practical work, with all study materials supplied. Enrolled students also attend regular coaching tutorials to gain practical experience and skills.

**If you need to speak to me personally, happy to talk any time - call 07 5445 7994.**

I look forward to seeing you at the Sportsmind Camp 2010!

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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