



Dear Colleague,

Welcome to 2012!

I'm delighted to announce the two scholarship winners for Mental Mastery 2012 are:

Angie Daley & Adam McKellar

Congratulations to you both!



Jeffrey Hodges

If you, like Angie and Adam, are also looking to start the New Year with a positive boost, do come along to one of my exciting Sportsmind programs planned in Australia. I'm also visiting the UK in March to present a gifted athlete and performers workshop in Newcastle.

For those who have read *Champion Thoughts*, *Champion Feelings*, or my articles on [Goal Achievement](#) you would be familiar with the Sportsmind SUCCESS and SMARTER models. I have continued to develop my ideas further and have now developed a new model: "Success to SIGNIFICANCE"

I will be introducing this new model to you in much more detail in next months newsletter.

[Sportsmind Mental Mastery:](#)

The annual 5-day Mental Mastery training on the Gold Coast will be presented from January 25-29. The Sportsmind Mental Mastery program comprises five,

**Sportsmind
Mental Mastery
2012**

Gold Coast

Jan 25-29 2012

[Details Here...](#)

**Gifted &
Talented
1 Day Student
Conferences**

Brisbane, QLD
Fri 10th February

Newcastle, UK
Wed 7th March

[Details here...](#)

**Sportsmind
3 Day
Sports Hypnosis
Workshop**

Sydney

Tue 29th - Thur
31st May

one-day workshops in which athletes learn practical techniques to improve the **seven key areas of mental training** for optimum performance :

- * **Positive Self Motivation**
- * **Powerful Goal Achievement Strategies**
- * **Concentration & Focusing Techniques**
- * **Emotional State Mastery**
- * **Confidence & Positive Self Belief**
- * **Positive Mental Attitude and**
- * **Precision Visualisation Techniques**

"What a wonderful experience. Jeff is blessed with the ability to help others achieve their dreams and potentials. Very rewarding, extremely enlightening and highly recommended." Beckie Taylor, NT.

Where: GOLD COAST

Venue : Sports Super Center, Runaway Bay.

When: **January 25-29th 2012 inclusive** (5 days)

Bookings are open now - with a maximum of **only 12 participants** each year - so call now to reserve your place! Early bird available until 6th January.

Please visit [Mental Mastery Workshop](#) for full details.

[Details here...](#)

Quick Links

[Sportsmind Workshops](#)

[Sportsmind Books & CD's](#)

[Sportsmind iTunes](#)

[Target Oriented Golf](#)

[Gifted & Talented Students:](#)



The next conference is on **Friday 10th February at All Hallows' Brisbane.**

"Excellent performances are a result of both superb physical training and preparation and an

outstanding personal psychology. Such champion thoughts and champion feelings lead naturally to outstanding sports, musical and dramatic performances - and are in fact essential for peak human performance."

Bookings are open now. The conference brochure is available for download via this web link:

[Gifted Athlete & Performers Conference \(PDF\)](#)

[Sports Hypnosis Training:](#)

If you live in Sydney, my first 3-day Sports Hypnosis workshop for 2012 will be presented May 29-31st.

"Jeffery is a true master of hypnosis. Both his practice and teaching of hypnosis is world class and he effortlessly demonstrates the power of the unconscious mind for elite athletes. The course has the perfect balance of theory and hands on practice that leaves one with a great confidence to use hypnosis as a performance tool with clients." - Michele MacNaughton, ex Olympic Hockey Player and Performance Coach.

Please visit the [Sportsmind Website](#) for full details.

Finally, a reminder that all the Sportsmind CDs are now available to purchase for direct download to your iPod from iTunes: [Sportsmind iTunes](#)

Remember - Imagine (what it is you aspire to) ... Believe (you can achieve it) and Fly.

Warm regards,

Jeffrey Hodges
Sportsmind Institute

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