



Dear Colleague,

If you've ever watched a stage hypnotist have someone act like a chicken, stand on their head or do some other equally frivolous behaviour, you may have wondered whether hypnosis could be used in more useful and constructive ways!



Jeffrey Hodges

You may perhaps have heard of hypnosis being used to stop smoking, lose weight or change some other unwanted behaviour, but could it be used to do better what you already do well? Can hypnosis, for instance, assist sportspeople to improve their performances?

The answer is a resounding 'YES!' Through the use of SPORTS HYPNOSIS techniques, not only can an athlete successfully change an unwanted behaviour or habit, but limiting perceptions and beliefs can be released; pain controlled and injuries healed more rapidly; self confidence increased; and sports performances significantly improved.

So what is Hypnosis?

There are many myths, misunderstandings and half truths about hypnosis - due no doubt to the fact that very little is understood about how or why hypnosis works, and even among experienced hypnotists there is significant disagreement about hypnosis. So exactly what is hypnosis, and how can it improve

**Sportsmind
2 Day
Sports Hypnosis
Melbourne
Workshop**

Wed 14th - Thur
15th Dec

[Details here...](#)

**UK Golfers
1 Day Target
Oriented Golf
Workshop
@ John Letters
Golf Academy**

Cambridge, UK

Mon 31st October

[Full details here...](#)

**Gifted &
Talented
1 Day Student
Conference**

Brisbane, QLD

my game? Take some time out to read the full article here: [Sports Hypnosis Explained](#)

[Gifted & Talented Students:](#)



Participants were inspired by the October conference and walked away with a lot of practical ideas and techniques to improve their performances. 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, with the early bird price available until 12th December. The conference brochure is available for download via this web link: [Gifted Athlete & Performers Conference \(PDF\)](#)

[Sports Hypnosis Training:](#)

If you are wanting to attend the Sportsmind Sports Hypnosis training this year, please note that the Byron Bay program in November is now full - however there are still some places available for the Melbourne training on the 14th & 15th December.

"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

Fri 10th Feb 2012

[PDF brochure available here...](#)

Sportsmind & Target Oriented Coaching 1 Day Peak Performance Workshop

Sunshine Coast

Wed 8th Feb 2012

[Full Details Here...](#)

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[Target Oriented Golf](#)

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.

Sportsmind Mental Mastery:

The Sportsmind Mental Mastery program comprises five, 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 9-13th 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 30th December.

Please visit [Mental Mastery Workshop](#) 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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