

Subject: Sportsmind Events - Building the Minds of Champions



Dear Colleague,

I have just a couple of places left for the fantastic **Sports Hypnosis training** scheduled for **November 3, 4 & 5 in Byron Bay**. If you are thinking about attending but unsure of the benefits, let me briefly explain the advantages of working with hypnosis in sport and why it is so significant.



Jeffrey Hodges

Hypnosis works with the unconscious mind, and most of our best performance as athletes happen when we 'just do it', unconsciously. When we try hard consciously, this is often when we don't perform as well, so learning how to work with the unconscious mind through altered state training in hypnosis is perfect for sports people.

In my opinion, having worked for over 30 years now with athletes from just about every sport and at all levels of competition, ***I believe this type of altered state training that you can gain from working with hypnosis is the best mental training an athlete can undertake.***

Come and join me for 3 days of unique sports performance training in wonderful Byron Bay!

Sportsmind in the UK 2011

"Sportsmind 5 Day Mental Mastery program"

5th - 9th Mar

"Sportsmind 3 Day Sports Hypnosis program"

12th - 14th Mar

For my UK clients, I highly recommend Colin Cromack's innovative golf workshop:

'HOW' to Focus the CONSCIOUS Mind for High Performance Golf

Sports Hypnosis Training...

A superb training, combining Ericksonian Hypnosis with sports hypnosis techniques. Come and learn how to unlock the power of your **UNCONSCIOUS MIND** to enhance your performance to:

- **Control pain and fatigue;**
- **Increase sensory perception;**
- **Overcome problems;**
- **Build confidence;**
- **Get into the 'zone';**
- **Distort time;**
- **Change negative habits.**

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

Sportsmind Mental Mastery...

The annual Sportsmind Mental Mastery training will be held at the Sports Super Centre on the Gold Coast from Mon 10th Jan - Fri 14th Jan.



This outstanding program - held at an amazing sports training facility - gives every aspiring sportsperson and professional athlete the opportunity to begin the new year on a high. Train at the largest privately

owned sports training facilities in the Southern Hemisphere while you learn and master the skills of your sportsmind.

Bookings open now - numbers are strictly limited to 12 participants, so book early to ensure your spot.

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

Sportsmind in London, U.K.

I will be visiting the UK from Wed 2nd - Wed 16th March and will conduct a Sportsmind **5 Day Mental**

**28th & 30th
October**

[Full Details Here...](#)

Quick Links

[Sportsmind Workshops](#)

[Sportsmind Books &
CD's](#)

[Target Oriented Golf
Remote Coaching](#)

Mastery program and a ***3 Day Sports Hypnosis*** training.

Mental Mastery : Sun 5th - Wed 9th March Sports Hypnosis : Fri 12th - Mon 14th March

Please contact Steve Ward in London for bookings : info@highperformanceglobal.com or 07531 462102

If you have any questions or wish to make a booking, please call me on 07 5445 7994 and let me help you empower yourself to shape your future sporting successes!

Warm regards,

Jeffrey Hodges
Sportsmind Institute

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

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