

**Subject:** Sportsmind News



Dear Colleague,

I'm pleased to announce Sportsmind scholarships for the annual Mental Mastery training. There will be one full scholarship and two half scholarships offered. Application is open to any athlete who for reasons of financial circumstances cannot currently afford the tuition fee.



Jeffrey Hodges

Scholarships will be for Sportsmind tuition only - any travel, accommodation or meals are excluded. In addition, a small fee to cover morning/afternoon teas and handouts during the program will be payable.

Application to comprise a ONE page letter stating you age, sport, brief summary of achievements to date, and reason why you wish to attend Sportsmind Mental Mastery.

Applications are now open and closing date is 30<sup>th</sup> November. All applicants will be notified of the outcome of their application by 10<sup>th</sup> December.

Applications can be made by email to [jh@sportsmind.com.au](mailto:jh@sportsmind.com.au) or post to Sportsmind Institute 77 Flaxton Mill Rd, Flaxton 4560. Decisions regarding scholarships are made by the Director of the

**Outstanding  
Achievement  
Workshop with  
Lydia Lassila**

**20 & 21st  
October**

**Call  
07 5445 7994**

[Full Details Here](#)

**Sportsmind in  
the UK 2011**

**"Sportsmind 5  
Day Mental  
Mastery  
program"**

**5th - 9th Mar**

**"Sportsmind 3  
Day Sports  
Hypnosis  
program"**

**12th - 14th Mar**

Sportsmind Institute at his discretion and no correspondence will be entered into regarding the outcomes.

## Outstanding Achievement Workshop with Lydia Lassila



MELBOURNE - 20 & 21<sup>st</sup> October, 2010

I am really looking forward to presenting a workshop with Lydia Lassila -

**Olympic Gold medalist - on Wed 20 & Thur 21 October** - this will be a highlight of my year. It will prove invaluable for any elite level athlete or coach wanting an insight into the MENTAL preparation techniques used for successful international level competitive performance.

Join us for this unique experience **for just AU\$795** (paid by 1st October -inc lunch and morning and afternoon tea). Full fee AU\$995

Numbers will be strictly limited at this event also and early booking is recommended. **Call me to book.**

## Sports Hypnosis Training...

My favourite program - the annual Sports Hypnosis training at Byron Bay on Nov 3, 4 & 5 - will be in its 10<sup>th</sup> year this year and every year I am amazed at the effectiveness of easy to learn sports hypnosis techniques to make very significant improvements in athletes' performances.

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

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

For my UK golf clients, I highly recommend Colin Cromack's 2 hour workshop:

**"HOW to Focus the Conscious Mind for Golf"**

Thur 28th October  
**[Full Details Here](#)**

### Quick Links

**[Sportsmind Workshops](#)**

**[Sportsmind Books & CD's](#)**

**[Target Oriented Golf DVD](#)**

## 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 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](mailto: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

**[Forward to a friend](#)**

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