

Subject: Sportsmind Newsletter Issue 1 2010



Dear Colleague,

I've attached my latest newsletter for your reading interest - there is a great article on the STAR process for designing your life, as well as a diary of all forthcoming Sportsmind workshops and trainings.

I am pleased to announce I am bringing Sportsmind to Perth for the first time on March 10 & 11 to conduct a 2-day program on Visualisation Skills and Maintaining Positive Performance States.

Details for all my workshops available here....

Also, a special offer regarding my SYDNEY workshop. Book in to the fantastic 2 day program which Colin Cromack and I are conducting on March 23 & 24 for just \$495 - if paid by 15th March (a saving of \$300!).

2 day Outstanding Achievement Workshop in Sydney.....



If you are an elite sportsperson or coach of others who recognises that performances too often fall short of physical and technical potential, please do come along to this life

**2 day
Outstanding
Achievement
Workshops
in Sydney:**

"Visual Power!"
&
"Get in the Zone" with
Colin Cromack"

23/24 Mar Syd

**Call to book
07 5445 7994**

**Sportsmind in the
UK 2010:**

"Sportsmind Six-Day
Mental Mastery
program"

**Wed 13-23rd
September**

email:
jh@sportsmind.com.au

changing and performance enhancing workshop. My website has great feedback from athletes who took the time to do so and are now reaping their rewards from years of physical training and effort.

SYDNEY - Tuesday 23rd and Wednesday 24th March

Tues: Visual Power!

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: Getting in the Zone with Colin Cromack

Winners of sporting events often discuss how they stayed focused and got into their "zone".



Performance anxiety at critical times is often the difference between success and failure. **What is this Zone, how do winners get there and why do they also leave it so quickly?** This workshop will teach you the skills to achieve one pointed concentration - how to get and stay in the 'zone' and keep your conscious mind focused in the seconds before, during and after execution.

[Workshop details and Newsletter available here..](#)

Finally, I recommend Colin Cromack's work on attentional focus. Colin's work complements the Sportsmind concepts and techniques perfectly. It is unique, valuable work and will help athletes improve their concentration and performance anxiety management during execution. He has produced an excellent DVD which will benefit all sportspeople - especially golfers! Come and talk with us in Sydney.

We hope to see you soon. Make 2010 your year!

Sportsmind
Coaching Excellence

**Wed 23-25th
August**

Sportsmind Mental
Mastery

**Wed 26-31st
August**

email:

jh@sportsmind.com.au

Quick Links

[SM Workshops](#)

[SM Books & CD's](#)

[Target Oriented Golf DVD](#)

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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