



Dear Colleague,

The winter Olympics is soon upon us and let's all hope for some Aussie success! I have high hopes for a number of my talented clients.

I trust you have set yourselves some exciting and challenging goals for this year and I sincerely hope Sportsmind personal coaching and performance enhancement workshops can help you along the path to achieving them.

## 2 day Outstanding Achievement Workshops in Sydney & Melbourne.



If you are an elite sportsperson or coach of others and recognise that performances too often fall short of physical and technical potential, please do attend one of these life changing and performance enhancing workshops. My website has great feedback from many athletes who took the time and are now reaping the rewards from their years of physical training and effort.

**MELBOURNE - Monday 8th and Tuesday 9th March**

***Mon: Core of Confidence! Master Your Emotions***

"Mastering Your Emotions" workshops will provide

**2 day  
Outstanding  
Achievement  
Workshops  
in Sydney &  
Melbourne 2010:**

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

**8/9 Mar Mlb  
23/24 Mar Syd**

**Call to book  
07 5445 7994**

**2 day Golf Peak  
Performance  
Workshop in  
Sydney:**

"Core of Confidence!  
Master Your Emotions  
&  
'Attentional Focus For  
Golf' with Colin  
Cromack"

simple, practical techniques to consistently get into the peak performance state, stay confident, and build unshakeable self belief in your abilities.

***Tues: Getting in the Zone with Colin Cromack***

Winners of sporting events often discuss how they stayed focused and got into their "zone". **What is it, how do they get**



**there and why do they often 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 so highly competitive situations are embraced rather than feared.

**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***

Early Bird Discounts and venue details here: [Sportsmind Workshops](#)

## 2 day Peak Performance Golf Workshop in Sydney....

Sportsmind in association with Target Oriented Golf is delighted to present this unique golf psychology

**23/24 Feb Syd**

**Call to book**

**07 5445 7994**

**Sportsmind in the UK 2010:**

["Sportsmind Six-Day Mental Mastery program"](#)

**Wed 4-11th**

**August**

**email:**

[jh@sportsmind.com.au](mailto:jh@sportsmind.com.au)

**Sportsmind Coaching Excellence**

**Wed 23-25th August**

**Sportsmind Mental Mastery**

**Wed 26-31st August**

**email:**

[jh@sportsmind.com.au](mailto:jh@sportsmind.com.au)

[Quick Links](#)

workshop for both professional and dedicated amateur golfers at Inner City Golf, St Leonards, Sydney.

[SM Workshops](#)

[SM Books & CD's](#)

[Target Oriented Golf DVD](#)

This workshop will help you understand how to master both the **mental & emotional** aspects of golf and provide you with practical tools you can use to immediately shoot lower scores, stay focused and confident under pressure and achieve the centredness and anxiety-free state needed to play at your best.

### SYDNEY - Tue 23rd and Wed 24th February

#### *Tue: Core of Confidence! Master Your Emotions*

"Mastering Your Emotions" workshops will provide simple, practical techniques to consistently get into the peak performance state, stay confident, and build unshakeable self belief in your abilities on the golf course.

#### *Wed: Attentional Focus For Golf with Colin Cromack*

What it is and how can you achieve it consistently for golf? Some call it the Zone but do not understand how they get there or why they can leave it so quickly! Comprehensive theory will be discussed in the morning sessions and demonstrations of how to apply the theory into practical pre-shot routines in the afternoon sessions. Bring your clubs!



More details and on-line booking available here:  
[Golf Peak Performance Workshops](#)

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

Warm regards,

Jeffrey Hodges

Sportsmind Institute

**Save 40%** Early Bird Bookings Available For All Workshops.

See Specific Workshop Details here: [Early Bird Offers](#)

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

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