

# **SPORTSMIND UPDATE : Spring 2009**

A summary of Sportsmind successes over the past months, and a preview of forthcoming workshops and trainings with Jeffrey Hodges and Colin Cromack.

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## **1. Sportsmind Success Stories**

The past few months have been very busy and successful with workshops and talks held for Cricket Australia umpires, Kumiai Ryu martial arts school, Maroochydoore Soccer Club, the Relaxation Centre of Qld and Fit College Personal Trainers.

*“I asked Jeffrey to construct a one-day motivational workshop addressing our High Performing Umpires. The results exceeded my expectations. The workshop was engaging, professional, and inspirational. The emphasis on positive, constructive, informed, and focused personal development added the extra dimension that we needed”.*

**Denis Burns, Umpire Educator, Cricket Australia**

*“On behalf of Kyoshi Kevin Blundell and the senior members of Kumiai-Ryu Martial Arts System who attended your recent seminar, I would like to pass on our thanks and congratulate you on a great session. Your seminar provided me with the vital life keys I have been seeking to empower me to make positive changes in my lifestyle and create a balance. You showed us how to not only dream, but how to set those goals and clear the pathway to success.”*

**Sensei Warren Martin, Manager, KRMAS Mid North Coast Dojos**

[Pic of me presenting at workshop]

## **2. Sports Hypnosis Training, Byron Bay : Nov 5, 6 & 7**

My annual Sports Hypnosis training is on again in Byron Bay on Nov 5, 6 & 7 and is a fantastic opportunity to learn how to engage your unconscious mind in performance. Suitable for both athletes and coaches, this program is truly one of the best programs I teach – and the environment of Byron Bay is relaxing and beautiful.

The venue is 'Koranba' Unit 3, 66 Lawson St, Byron Bay.

Tuition Fee : 1,497.00

**Early Bird Price \$ 997.00 (if paid in full by 4th October)**

### **3. Sportsmind in Perth : Nov 24 & 25**

I'm excited to be visiting Perth for the first time, with two days of workshops scheduled in Nov on **Tue 24th & Wed 25<sup>th</sup>, 9.30am - 4.30pm** Venue is the Swanview Room, Tompkins Park Rec Assn., Cnr Dunkley Ave & Canning Highway, Alfred Cove.

Tuesday : *Visual Power - Master Mental Imagery Techniques for Improved Sports Performances*

Wednesday : *Core of Confidence Zone - Getting into and Maintaining Positive Performance States.*

Tuition Fee & \$997.00 for both (\$497.00 single workshop)

**Early Bird Price - \$ 497.00 for both ( \$297.00 single workshop)  
(paid in full by 31st October)**

### **4. Sportsmind Mental Mastery & Annual Coach Training, Gold Coast : Jan 4 – 9, 2010**

For the first time in five years, I am presenting the full six days of Mental Mastery workshops consecutively at an intensive training in January at the Sports Super Centre on the Gold Coast. In past years these intensive trainings have led to athletes and coaches making quantum leaps in their sports performances, and understanding how to achieve at the highest level. This will also be an opportunity for those coaches training in Sportsmind techniques to refine their skills and interact with their colleagues.

Full Tuition Fee : \$2,497.00

**Early Bird Price : \$1,497.00 (if paid in full by 4<sup>th</sup> December)**

Individual workshops \$497.00 each

Accommodation - including all meals and use of gym, pool, aerobics/spinning/yoga classes, etc - available at the Sports Super Centre for just \$115.00 per night single, or \$75.00 per night twin. See [www.rbssc.com.au](http://www.rbssc.com.au) for details of this outstanding sports venue.

### **5. 'Get in the Zone' and Concentration workshops with Colin Cromack**

For the past two years Colin Cromack and I have collaborated on the Coaching Excellence conferences, and I am delighted to see how Colin has progressed with his work both here and overseas. I highly recommend Colin's workshops and DVD for anyone wanting to understand more about getting in the peak performance zone and maintaining your concentration.

Colin has planned a series of workshops in Sydney, and we will be jointly presenting sessions on "Getting in the Peak Performance Zone" throughout 2010.

Details as follows :

[Colin – put in here what you want. I think you were wanting to do one per month? Which would mean Feb, Mar, May & June workshops by yourself and the joint presentation on April 21/22]

## **6. Sportsmind in Sydney 2010**

Joint workshop with Colin Cromack on Wed 21<sup>st</sup> and Thu 22<sup>nd</sup> April 2010, **9.30am - 4.30pm.** Venue : Rydges Hotel, Missenden Rd, Camperdown.

Wednesday : *Getting in the Zone – Concentration & Focusing Techniques for Improved Sports Performances* with Colin Cromack

Thursday : *Core of Confidence - Getting into and Maintaining Positive Performance States* with Jeffrey Hodges

Tuition Fee & \$997.00 for both (\$497.00 single workshop)

**Early Bird Price - \$ 497.00 for both ( \$297.00 single workshop)  
(if paid in full by 15<sup>th</sup> March)**

## **7. Sportsmind in the UK**

I'm pleased to announce that I will again be visiting the UK to conduct some more Mental Mastery and Sports NLP Coaching training sessions in the first half of next year.

Exact dates and venues to be confirmed, but please register your interest early as my time there will be short, and workshop numbers will be limited.

Register your interest by sending me an email to : [jh@sportsmind.com.au](mailto:jh@sportsmind.com.au)

## **8. New Article by Jeffrey Hodges !**

I've just written a fantastic NEW article which is now available to view completely free on the Sportsmind website : [www.sportsmind.com.au](http://www.sportsmind.com.au)

It's on using the STAR model to assist with your goal setting – take a look.

## **9. Bike-safe – look after our cyclists**

As a cyclist myself, I was delighted to receive information recently from 'Belt-Up' – an Australian company which has designed and manufactured some very simple, reasonably priced, and extremely effective high vision, reflective sports belts.

I've tried them and they are fantastic, and I recommend them to cyclists and runners and walkers out there training. It increases your chance of being seen by drivers – thus reducing your chances of being hit!

**They are distributed by Allison Johnson who can be contacted on 0428 127 178**

[ Pic of Belt UP cyclist ]

## **10. Become A Sportsmind Coach**

Over the next ten years Sportsmind will be the leader in performance coaching - with a network of accredited coaches working with the best athletes in the world. The people involved will have a practising sports background, interested in coaching, and be superb facilitators able to create learning environments which are challenging, enjoyable and directed at personal development.

### **Sportsmind Coach Training**

To be part of this vision, you will complete Sportsmind training to attain accreditation, and a licence to practice. For coaches, teachers, and personal trainers, advance your professional training and become a Sportsmind Performance Coach.

The Sportsmind Correspondence Course comprises 10 modules - each module requiring about 35 - 40 hours of reading and practical work, with all study materials supplied. Enrolled students also attend regular coaching tutorials to gain practical experience and skills.

### **Personal Coaching**

Build your mental toughness with the best performance coaching. Call us today for a Free Sportsmind Coaching Consultation.

## **10. Sportsmind Products**

I just reprinted and updated Sportsmind, so if you haven't got a copy, now is the time to buy one.

It's also been 10 years since I published Champion Thoughts, Champion Feelings! Personally, I think this book is even better than my Sportsmind book - but so far it's sold less than half the number of copies - Sportsmind continues to be the book most people buy.

For this reason, if you haven't read Champion Thoughts, Champion Feelings yet, I encourage you to do so! It really takes the ideas of mental training I introduced in Sportsmind to the next level.

See the sportsmind website to order online, or just give me a call on 07 5445 7994.

### **Contact Sportsmind**

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