



Dear Colleague,

Welcome again to Sportsmind.

I'm delighted to present my latest newsletter - you'll find an interesting article on Passion Driven Motivation as well as some great success stories from athletes making the most of their Sportsmind training to achieve career best performances in a number of different sports...

[Sportsmind Newsletter 2nd Edition](#)



Jeffrey Hodges

Coaching Excellence & Mental Mastery, August 23-27, Gold Coast.

I look forward to presenting the **Coaching Excellence and Mental Mastery** workshops on **August 23-27** at the Runaway Bay Sports Super Centre

Coaching Excellence (Mon 23rd - Wed 25th August) is 3 days of outstanding motivational and performance skills for **coaches, PTs, teachers and people managers** based upon successful Sportsmind NLP techniques.

The **Mental Mastery** workshop (Thu 26th - Fri 27th August) comprises 2 days of intensive mental skills training 2 days of incredibly motivating and

**Sportsmind
Coaching
Excellence**

**Wed 23-25
August**

**Sportsmind
Mental Mastery**

**Wed 26-27
August**

[Full Details Here](#)

**Outstanding
Achievement
Workshop with
Lydia Lassila**

**20 & 21st
October**

**Call
07 5445 7994**

[Full Details Here](#)

Sportsmind in

empowering training for any aspiring athlete or coach.

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

Outstanding Achievement Workshop with Lydia Lassila



MELBOURNE - 20 & 21st
October, 2010

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

Olympic Gold medalist - on October 20 & 21 - 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 the early bird price of just AU\$795 (paid by 1st September)**. 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 10th 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.



the UK 2010

"Sportsmind 6 day Mental Mastery program"

Feb-Mar

**Call
07 5445 7994**

Target Oriented Golf Workshops in the UK:

For my UK clients, Colin Cromack is presenting a 1 day golf performance workshop on Saturday 18th September at Cranfield Golf Academy, Sandown Park.

Colin's excellent work in attentional focus will be of great benefit to all dedicated amateur and professional golfers:

'HOW to focus for golf' workshop details...

Quick Links

[SM Workshops](#)

[SM Books & CD's](#)

[Target Oriented Golf DVD](#)

Time and time again participants at this program speak of how much it has helped not only their sport but their whole life! And what a place to hold it - Byron Bay! So do come along and enjoy the beach and ambience of Byron Bay while **learning how to unlock the power of your UNCONSCIOUS MIND.**

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

Congratulations Jason Scrivener !!



Jason is a student of David Milne's excellent golf academy in Perth, and he has only been a Sportsmind client

for a couple of months but already his mental training has unlocked his full golf performance potential that David knew he had in him.

Jason recently played the US Amateur qualifying and got through to the main tournament, where he shot 68 & 65 to win by 3 shots. Well done Jason and well done top golf coach David Milne!

Mark McKean Workshops...

For those interested in the physical aspects of coaching and preparing athletes for outstanding sports performance, I highly recommend workshops offered by my colleague Mark McKean.

Mark and I have presented jointly at various sports, coaching and scientific conferences over the past ten years, and believe me, no-one knows more about physical preparation of top athletes than Mark! Mark has also extended a special discount to Sportsmind clients - mention Sportsmind when booking and receive a \$50 discount. See : [Mark McKean's Workshops](#) for more details.

London Sportsmind Workshops, FEB/MAR 2011

Finally, I'm giving advance notice to all those overseas Sportsmind followers who have asked me to do a program in London. I am finalising the dates and it will be Feb/Mar 2011 - stay tuned for exact details in the next newsletter.

If you have any questions or wish to make a booking, please call me on 07 5445 7994 and do not miss this unique opportunity to empower yourself to shape your future sporting successes!

Warm regards,

Jeffrey Hodges
Sportsmind Institute

**Save
25%**

Book and pay for Coaching Excellence or Mental Mastery before 31st July and enjoy a saving of up to \$250

Coaching Excellence 23-25 August : just \$745 Full fee \$995

Mental Mastery 26 - 27 August : just \$745 Full fee \$995

Offer Expires: 30th June 2010

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