



Dear Colleague,

As 2010 draws to a close it is natural to reflect on the year and the achievements attained and personal progress made in your sport. *Do you feel like you have made the most of your potential?*



Jeffrey Hodges

If you wish to bring about **change** and **experience** big improvements in performances in 2011, start your new year on the right path and come along to an inspiring Five-Day Sportsmind Mental Mastery program at the Sports Super Centre on the Gold Coast in January.

For my friends in the UK looking for innovation in your approaches to coaching or competing in 2011, my colleague Colin Cromack and I are delighted to have the opportunity to present our unique 1 day Peak Performance workshop in Berkshire on Wednesday 5th January. This workshop will be a great introduction for anyone who is thinking about attending my full Mental Mastery or Sports Hypnosis training in the UK later on in March - details here-->

## 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.

### Sportsmind in the UK 2011

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

**5th - 9th Mar**

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

**12th - 14th Mar**

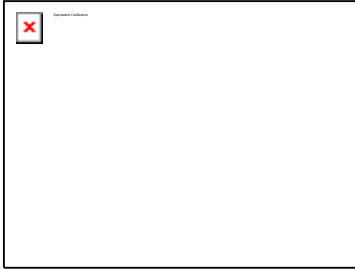
**1 Day Peak Performance Workshop**

**Training the conscious and unconscious mind for peak performance.**

**Wednesday  
5th January 2011**

**[Full Details Here...](#)**

[Quick Links](#)



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

There will also be scholarship places offered for the UK Mental Mastery training in March so if you are interested in applying, please contact either myself or Steve Ward.

Finally, a reminder that applications for scholarship places for Mental Mastery on the Gold Coast in January close on 30<sup>th</sup> November - please visit [www.sportsmind.com.au](http://www.sportsmind.com.au) for full details.

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,

**Sportsmind Workshops**

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Jeffrey Hodges  
Sportsmind Institute

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