



Dear Colleague,

As we come to the end of 2010, I wanted to wish you all a very happy and safe Christmas and New Year - and encourage you to take a moment to reflect on 2010.

How have you progressed? What goals did you achieve .... what goals do you still want to attain?



Jeffrey Hodges

For me, my highlight was of course assisting Lydia Lassila to her Olympic Gold medal earlier in the year and just last week being present at her book launch of her journey - the book is called 'Jump' and is a highly recommended, inspirational read. A close second was the five-day training Ken Banks & I gave in Sri Lanka for their aspiring athletes - a wonderful opportunity for introducing Sportsmind skills to another culture.

Of course, the Mental Mastery and Sports Hypnosis trainings this year were fantastic and I was so pleased to see Ken Banks graduate as a fully fledged and outstanding level 2 Sportsmind coach. Well done Ken - his assignment work was always of the highest standard - A+!! Well done also to all my other students on their continuing progress!

The other highlight this year was the chance meeting with Julie Arliss - which led to my joint involvement in Gifted & Talented student conferences for nearly 3,000 students in nine cities

### UK 1 Day Peak Performance Workshop

**Training the Conscious and Unconscious Mind for Peak Performance.**

**Wednesday  
5th January 2011**

[Full Details Here...](#)

### Sportsmind in the UK 2011

**5th - 9th Mar**

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

**12th - 14th Mar**

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

[Full Details Here...](#)

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around Australia and New Zealand! An incredible opportunity to speak to, and positively influence, our young leaders of tomorrow - what a humbling privilege. Will be doing it all again next year too!

What I want to achieve for 2011 is to run more Sports Hypnosis programs - I am coming to believe that as an athlete, work with the UN-conscious mind provides the greatest opportunities for performance enhancement. I'd like to do more work overseas and would greatly appreciate your help in passing on details of my Sportsmind workshops overseas to any of your friends in the UK and Europe please.

#### Sportsmind Scholarship Winner

Congratulations to Lisa Stanton-Smith, an 800m runner from Victoria, who is the successful full-scholarship winner for the January 2011 Mental Mastery training on the Gold Coast.

## **Sportsmind in London, U.K.**

For those in the UK who would like an introduction to Sportsmind in conjunction with unique attentional focus training, do try and make it along to Colin Cromack's and my joint 1 Day Peak Performance workshop on the **5<sup>th</sup> January 2011 in Berkshire**. In combination our skillsets offer a totally innovative approach to coaching the mind for performance.

I will return to the UK from Wed 2nd - Wed 16th March to conduct my full Sportsmind program:

**5 Day Mental Mastery : Sun 5th - Wed 9th March**

**3 Day Sports Hypnosis : Fri 12th - Mon 14th March**

To book, please contact Steve Ward in London:  
[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 wish to apply, please contact either myself or Steve Ward.

Finally, it's not too late to book in to Mental Mastery in January on the Gold Coast. There are just a few spots available and I have extended the early bird price until 24<sup>th</sup> December, so contact me urgently if you want to join us to start 2011 on a motivating and positive note.

Remember - **Imagine** (what it is you aspire to) ...  
**Believe** (you can achieve it) .... and **Fly**.

Have a wonderful holiday and start 2011 with renewed enthusiasm and a clear direction.

Warm regards,

**Jeffrey Hodges**  
**Sportsmind Institute**

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Sportsmind Institute | 77 Flaxton Mill Road | Flaxton | Queensland | 4560 | Australia

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