







Dear Colleague,

Welcome to 2011. I wish you every success for your sport and your life in the new year.

If we can be of service with oneon-one performance coaching (there are Sportsmind accredited coaches in most capital cities in Australia) or to attend one of the outstanding Sportsmind trainings this year, please contact us.



Jeffrey Hodges

I'd also love to hear from you if you want to train to become a Sportsmind accredited coach - particularly from those of you living outside Australia. One of my key goals for 2011 is to train Sportsmind coaches in Europe, South Africa, and the Americas - so do contact me if this interests you.

There are many excellent articles on the Sportsmind website for both coaches and athletes on mental training techniques. The feature article this month is on Positive Motivation - what are the keys to successfully motivating yourself, and others. A timely article to read at the beginning of a new year!

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...

Quick Links

Sportsmind Workshops

Sportsmind Books & CD's

Sportsmind in London, U.K.

Sportsmind will return to the UK from Wed 2nd -

Wed 16th March to conduct my full 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 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.

Sports Hypnosis Training:

I will be offering 3 Sports Hypnosis trainings this year in Australia. The usual annual 3-day training in Byron Bay in November but also two additional trainings at the Sportsmind Institute here on the Sunshine Coast.

The first will be April 5, 6 & 7 and the second July 5, 6 & 7. This is a fantastic training which will significantly enhance your sports performances by teaching you how to tap into the resources of your unconscious mind. Numbers are limited to just 8 participants at each program so please book early.

Please visit the **Sportsmind Website** for full details.

Finally, it's not too late to book in to Mental Mastery in January on the Gold Coast. There are just 2 spots available 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**.

Warm regards,

Jeffrey Hodges Sportsmind Institute

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