



Dear Colleague,

As we move into February, how are you going with those goals and resolutions you made in the new year?

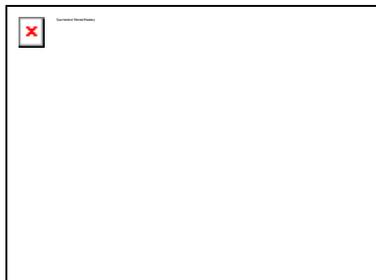
To help keep you on track there are many excellent articles on the Sportsmind website for both coaches and athletes. The feature article this month is [The Power of Commitment](#) - how do you keep the momentum going for what you want to achieve?



Jeffrey Hodges

Remember, there are Sportsmind accredited coaches in most capital cities in Australia. If we can be of service with one-on-one performance coaching or to attend one of the outstanding Sportsmind trainings this year, please do not hesitate to contact us.

[Sportsmind Mental Mastery:](#)



The annual Sportsmind five-day, Mental Mastery training camp is over for another year, and the athletes and coaches who attended had some outstanding breakthroughs. Great feedback from attendees

explains why we meet:

"Thank you so much for an incredible week. Mental Mastery has given me so much greater confidence for this season and for the road ahead. I have had significant changes in my training even during this week".

Lisa Stanton-Smith, a runner from Victoria and the recipient of this year's full MM scholarship.

"I ran an interclub 1500m race tonight, to record 4.26.98 and smashed 7 seconds from my p.b!! Pretty happy with that! I haven't done a p.b like that in years!! And I still have 2 months until nationals, so plenty more room for

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*improvement!! Bring on the rest of the season!!".
A delighted Lisa Stanton-Smith, just 4 weeks later.*

*"Sportsmind Mental Mastery has given me the confidence to be successful and the strategies to generate internal motivation and positive thoughts at any time to achieve my short and long term goals. This program is a wonderful challenge and a life changing experience."
Chris Price, Soccer player, NSW.*

This was the 5th annual program held at Runaway Bay and was one of the best - despite the rain! The 2012 program is scheduled for January 9 - 13th

Golf Performance Workshop:

I'm delighted to announce a 2 day joint workshop with my colleague Colin Cromack, specifically for Professional and dedicated amateur golfers.

Colin is recognised by the PGA UK as a coaching specialist and has some brilliant ideas and techniques for Pro golfers (some great food for thought here!). Combined with Sportsmind techniques our workshop uniquely delivers **critical mental skills** a golfer seeks to perform at the highest level. Numbers limited to 12 participants so please register your interest early.

See [Golf Performance Workshop](#) for full details.

Sports Hypnosis Training:

I am offering 3 Sports Hypnosis trainings this year in Australia. This fantastic training 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, I'd 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.

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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