



Dear Colleague,

Welcome to the May newsletter.

I'm sure everyone understands why they're supposed to 'be positive', to think positively and to discourage negativity. Yet for many people thoughts just seem to 'happen' before they know about it! People tell me all the time, "I can't help it. I just automatically do it!"



Jeffrey Hodges

At which point I tell them that's a cop out. Thoughts don't 'just happen' to you - you think them! There can be no escaping the fact that you choose your thoughts - how else could they get there? Yet even knowing this, people still indulge in negative thinking and problem focus - rather than looking for solutions and always expecting the best for themselves.

Part of the problem is, of course, that negative thinking has become a habit - not only for individuals, but for the society in general. Like any habit, it takes effort and willingness to change.

Take some time to read about how to develop your: [Champion-Thoughts-Champion-Feelings](#)

## [Sports Hypnosis Training:](#)

*"Jeffery is a true master of hypnosis. Both his*

**Sportsmind  
3 Day  
Sports Hypnosis  
Training  
Workshop**

**5th - 7th July  
[Full Details Here...](#)**

**Sportsmind &  
Target Oriented  
Golf 2 Day  
Performance  
Workshops For  
PGA Coaches &  
Pro Players**

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

**"HOW To Focus  
For Golf"**

**Target Oriented  
Golf  
UK Workshop**

**Thur 23rd June  
[Full Details Here...](#)**

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*practice and teaching of hypnosis is world class and he effortlessly demonstrates the power of the unconscious mind for elite athletes. The course has the perfect balance of theory and hands on practice that leaves one with a great confidence to use hypnosis as a performance tool with clients." - Michele MacNaughton, ex Olympic Hockey Player and Performance Coach.*

Sportsmind Workshops

Sportsmind Books & CD's

Sportsmind iTunes

Where ? SUNSHINE COAST - FLAXTON  
Venue : Sportsmind Institute, 77 Flaxton Mill Road.

When ? Tue 5th, Wed 6th & Thu 7th July (3 days)  
Times : 9.30am - 4.30pm daily

Please visit the [Sportsmind Website](#) for full details.

## *Gifted & Talented Students:*



Following from the success of the Gifted & Talented student programs with Julie Arliss in May, Colin Cromack and I shall be offering a one-day conference for gifted and talented student performers.

This is a one-day conference for gifted student sportspeople, musicians, dramatic arts etc. which will explain and demonstrate some unique Sportsmind and Target Oriented Coaching skills and techniques to help achieve greater consistency in performances.

Dates and venues are yet to be confirmed but tentative dates are as follows :

Australia: Brisbane, Qld - early September  
Tuition fees will be \$45 students, \$95 adults

UK: Oxford - Mon 13<sup>th</sup> & London - Tue 14th Feb 2012  
Tuition fees will be £35 students, £75 for adults

A free teacher place will be offered for teachers/coaches bringing 12 or more students.

More details coming in the next newsletter but to register interest and /or reserve places for you or your school email Jeffrey at [jh@sportsmind.com.au](mailto:jh@sportsmind.com.au)

Finally, a reminder that the best selling Sportsmind CDs are now also available to purchase for download directly to your iPod from iTunes: [Sportsmind iTunes](#)

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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