



Dear Colleague,

If you're reading this, you've probably already tasted some success and are possibly among the top 10% or 20% in your chosen sport. How can you build upon the successes you've had to really make a significant mark in your sport - to truly stand out from the crowd and leave a legacy as a *champion*.

There have been many talented sportspeople with huge potential - and yet they have not lived up to that potential over time.

Your psychology and your thinking strategies make the difference between someone who just has 'potential', and the person who actually grabs that potential with both hands and makes full use of it in their lives.

So - are you going to become more than just a gifted athlete with lots of potential?

I've been fortunate to assist with two Olympic Gold medalists, hundreds of national champions and thousands of outstanding athletes and coaches over the past 25 years and what has absolutely fascinated me is - how does someone take an idea, a wish to say win an Olympic gold medal or a national championship .... and actually make it happen? What are the keys which allow someone to take a dream and turn it into reality?



Jeffrey Hodges

**"Gifted & Talented"  
1 Day Student  
Conference**

**Brisbane, QLD**

**Tue 11th Oct**

**[Brochure Here...](#)**

**Sportsmind &  
Target Oriented  
Coaching  
1 Day Peak  
Performance  
Workshop**

**Sunshine Coast**

**13th Oct 2011**

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

**Sportsmind  
3 Day  
Sports Hypnosis  
Training  
Workshop**

**2nd - 4th Nov**

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

I suggest there are **12 important principles** or keys and I use the word SIGNIFICANCE as an acronym to explain these. Take some time out to read the full article at [Champion-Thoughts-Champion-Feelings](#)

## [Gifted & Talented Students:](#)



I'm delighted to confirm that the first of the ***Gifted Athlete & Performers Conferences*** will be held at John Paul College in Brisbane on **Tuesday 11<sup>th</sup> October**. It offers the opportunity to hear from 3 superb Performance Coaches with a wealth of practical knowledge and techniques to help young, talented performers.

**"Excellent performances are a result of both superb physical training and preparation and an outstanding personal psychology. Such champion thoughts and champion feelings lead naturally to outstanding sports, musical and dramatic performances - and are in fact essential for peak human performance."**

This unique conference provides an introduction to the latest physical training techniques and an understanding of the inner, subjective mental and emotional processes which drive successful performances. The conference brochure is available for download via this web link:

[Gifted Athlete & Performers Conference \(PDF\)](#)

## [Sports Hypnosis Training:](#)

The next Sports Hypnosis program is scheduled for November 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> in beautiful Byron Bay.

### Quick Links

[Sportsmind Workshops](#)

[Sportsmind Books & CD's](#)

[Sportsmind iTunes](#)

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

Where: BYRON BAY

Venue : Koranba unit 3, 66 Lawson St.

When: **Tue 2nd, Wed 3rd & Thu 4th Nov** (3 days)

Times : 9.30am - 4.30pm daily

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

## **Sportsmind Mental Mastery:**

The Sportsmind Mental Mastery program comprises five, one-day workshops in which athletes learn practical techniques to improve the **seven key areas of mental training** for optimum performance :

- \* **Positive Self Motivation**
- \* **Powerful Goal Achievement Strategies**
- \* **Concentration & Focusing Techniques**
- \* **Emotional State Mastery**
- \* **Confidence & Positive Self Belief**
- \* **Positive Mental Attitude and**
- \* **Precision Visualisation Techniques**

Where: GOLD COAST

Venue : Sports Super Center, Runaway Bay.

When: **January 9-13th 2012 inclusive** (5 days)

Please visit [Mental Mastery Workshop](#) for full details.

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](#)

*"I've been a midweek tennis player for many years, and my form is often "patchy". After using just some of the techniques provided in your Sportsmind book, I have now reached new heights of consistency.....winning 20 of my last 27 sets. I highly recommend Sportsmind to any sportsperson !"*  
**Graham George, Mooroolbark, Vic**

**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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Try it FREE today.