

Jeffrey Dale Hodges B.Sc., M.Sc. (Hons),
B.Ed. (Adult Education), Grad.Dip.Ed. (Secondary)

Elite Performance Coach & Conference Speaker

Jeffrey Hodges is a personal development trainer, educator and performance consultant who has worked extensively with students, teachers, elite athletes, sporting teams, long term unemployed and corporate clients to enhance personal performance and quality of life. He is the author of ten books, including the acclaimed *Sportsmind* and *Champion Thoughts*, *Champion Feelings*, and is founder and director of the Sportsmind Institute and coach.net.au. Jeffrey is an ACC accredited level 2 coach, yoga teacher, and Aikido black belt and has taught in Australia and overseas since 1980.



The coach.net.au Story

coach.net.au is a consulting service in mental and emotional skills training for high achievers. I use tried and tested elite human performance technologies to build *mental toughness* and *emotional resilience*, and provide the most sophisticated mental and emotional skills training programs for managers and key staff, world-wide. I provide inspirational and life-changing one-on-one performance coaching for team leaders, and motivational and personal development programs for staff – sales/marketing teams, managers, trainers, and corporate conferences.

My outstanding training workshops and coaching programs are the result of 28+ years of experience working with champion athletes and top coaches around the world.

Client Comments

"Women in Management recommend Jeffrey Hodges as an intelligent, dynamic and motivated facilitator. His delivery was creative, yet focused on the content and aim of providing participants with 'take home' tools, actively involving the audience in developing their skills and understanding of the topic."

*Lyn Russell, President WIM,
Australian Institute of Management*

"Your session on Creating Rapport was very well received by all who attended. The easy to implement strategies for improving the communication skills of our organisation will be of benefit to our staff in the future, and the interactive workshop style of your presentation allowed each participant to walk away with the benefit of greater understanding. I recommend the session to any company or individual wanting to develop more powerful relationships."

*Scott Groves, Australasian Training Manager,
Niagara Therapy Manufacturing*

"Your 4 hour session delivering the 7 steps of SUCCESS was outstanding and a worthwhile investment of time. You have the ability to lead the group in discussion that allows for a free flow of ideas culminating in a clear understanding of what it takes to be truly successful in our personal and business lives. Since your training session 2 weeks ago, many of my team have talked to me about what they are now doing differently and how much better focused they are on achieving sales goals, with the additional spin off of better home lives!! Jeffrey, I would and will recommend you to anyone looking for an edge in running today's business teams."

*Angelique de Jong, National Sales Manager,
Alcon Laboratories (Aust) Pty Ltd*

"The sporting and corporate performers that I consult to have high expectations, looking for every possible edge available. Jeff's Coaching Excellence program is user-friendly, immediately applicable, scientifically sound and offers specific techniques that produce quick measurable results. My performers have found that edge!"

*Gavin Gobby, Corporate Performance Consultant,
London, UK*



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Coaching Excellence



"Jeffrey helped me hone my inner skills."

*Sara Carrigan, Olympic Gold Medalist
Women's Road Cycling*

You can have

★ **Outstanding Results**
★ **Personal Fulfilment**

Imagine. Believe. Fly.

Making Better People

Coaching Excellence is a practical program of essential mental and emotional skills for *improving personal performance*.... but Coaching Excellence training is not just about improving work performance and job satisfaction. It's about developing people who are *self motivated*, with *high self esteem* and a *positive self image*; who know how to *handle stress and pressure*, and who are *self directed* with *clearly defined goals* supported by *strong values and leadership qualities*.

A *holistic* personal development approach to improve specific performance areas, and encourage the attainment of each individual's full potential.

You make better managers and better employees by making better people.

High achievers are those who consistently, and broadly, develop **themselves** – rather than just their specific work skills. Learning success skills that are transferable to other areas of endeavour, so when their time with your company is over, these skills will benefit them in their new career, and their life in general.

Skills like:

- Confidence and Self Belief
- Leadership and Risk Taking
- Self Motivation
- Emotional Intelligence
- Positive Mental Attitude
- Focus and Concentration
- Goal Achievement
- Handling Pressure
- Problem Solving and Decision Making
- Personal Organisation and Time Management
- Interpersonal Communication and Rapport
- Imagination and Creativity



All learnable and teachable skills, that can be improved with the right training.

Personal Performance Coaching

One-on-One success coaching for individuals.
Design your life.

- ★ Improve work / life balance
- ★ Be more productive and successful
- ★ Get healthier and happier at work
- ★ Remove stress and bring more enjoyment to your work

Coaching Excellence Workshops

Coaching Excellence workshops are results oriented. I teach practical skills and techniques to your personnel to enable them to significantly lift their individual and team performance. Workshops are personally tailored to meet your requirements – from a one-hour talk, to five days of intensive personal development, to on-going, one-on-one performance coaching for key staff. Choose from the following, or contact me to personally design a workshop to suit your unique needs...

COACHING EXCELLENCE

Transformative Training to Coach the Coach

A superb workshop for group facilitators, workplace trainers, team leaders, teachers, coaches and people managers. From 'transmission teaching' and 'content delivery' to the facilitation of individual learning and personal development. From outcome driven to process oriented. Inspire and re-invigorate your T&D team with practical ideas drawn from today's most innovative and effective personal development training and facilitation techniques – all presented in an experiential learning format.

EMOTIONAL INTELLIGENCE

Understanding & Using Your Feelings

Truly successful people depend not just on logical analyses or intellectual understandings – but have learned to appreciate, access and use a deeper level of emotional intelligence and inner wisdom. Many environmental and social problems in the world are a consequence of ignoring this 'feeling' aspect of human nature in favour of a narrow-minded, intellectual approach to life. This emotional intelligence is potential in everyone – but needs to be awakened and trained. This program offers an introduction to this important area of professional development for the 21st century.

CORE OF CONFIDENCE

Build a Positive Self Image & Strong Self Esteem

Successful people have an unshakeable confidence and self image that enables them to positively respond to the challenges of life: rejection, change and difficulty. High self esteem is a prerequisite for professional success and personal fulfilment. Enhance your self esteem and self image with this outstanding training.

ENGENDER RESPECT

Rapport & Non-Verbal Skills for Leaders

The secret to good leadership is the ability to build strong *rapport*, and engender the respect from others to positively influence and inspire them. Great leaders build rapport by recognising and responding not only to the *verbal* content, but also the *non-verbal signals* in communication. By recognising and pacing individual non-verbal behaviours, you will reach people more effectively, and enhance your persuasion skills and personal influence with others.

TIME TUNE-UP

Understanding and Managing Your Time

Your understanding of time is vitally important in task achievement and performance, and many people underachieve simply because of a lack of an effective 'time-sense'. Further, your personal 'time line' influences your perception of the past, present and future, and how you relate to the world. This affects your ability to plan and achieve long term goals, cope with present problems and difficulties, let go of negative or traumatic experiences from the past, and perform under pressure. In this workshop we explore the concept of 'timing' to help you to plan your future more effectively, let go of past painful experiences, and be more fully in the present when you need to be.

BE YOUR OWN LIFE COACH

Seven Keys to Personal & Professional Success

High achieving individuals think and feel in specific ways that lead to success. Learn how to use the same strategies to achieve more in your career, study, business, and personal life. Don't let yourself get bogged down by negativity or procrastination – wishing, hoping and dreaming is not enough! Build powerful, positive momentum in your life by implementing proven powerful self mastery techniques and strategies for personal and professional success. Learn coaching processes and strategies to encourage you to imagine the future you want, and find the resources within yourself to make it happen. Walk away feeling positive and empowered to make a difference in your life!

STRESS BUSTER

Relaxation, Visualisation & Meditation in the Workplace

Relax, unwind and learn several different approaches to dealing with the many forms of workplace stress. Using a simple six-step process, participants will learn several practical and effective relaxation techniques, and explore how imagination and visualisation can be used to release stress, and find a place of stillness and peace within.

SEVEN SKILLS OF THE SALES MIND

Improve Your Sales Performance

An overview of the mental skills required for successful sales staff – understanding the *psychological skills* that encourage peak performance.

Including:

- ★ Rapport & Communication Excellence
- ★ Positive Self Motivation
- ★ Powerful Goal Achievement Strategies
- ★ Positive Mental Attitude
- ★ Positive Self Image & Self Confidence

