



Smiling Soul Sportsman

7 Core Fundamentals to Live Into Your Greatness

Foreword

Legends aren't born, they're created!

Forget positive thinking, negative thinking, or thinking outside of the box. Stop thinking. For a top class sportsman this is not only vital but the secret to becoming a legend.

The Game is about shattering all limits, consistently, each and every time. The only way to truly and consistently win in life is to take empowered action in the now, outside of your mind, with a clear focus as to what you want to create. It is this clarity that the greatest sports legends operate from.



Smiling Soul Sportsman: Step into your greatness

My winning formula is to cultivate into each player an unshakable team-spirit, character and masterpiece powered and motivated by love, which will take you all the way to the top, and to consistently exceed your own expectations.

I have developed a powerful training program backed by 'Hojo', an ancient Japanese Martial Arts sword-fighting technique created by monks in Japan in defense of their monasteries. This is a key component of the trainings that I facilitate in order to shatter your mind's limitations of what it thinks is possible.

These 7 strikes are facilitated through seven core values that all legends incorporate into their lives. You will organically see your own power, create a masterpiece in line with living your dreams, create yourself as a legend and you will succeed in all areas of your life, internally and externally. Guaranteed.

A former professional player and lifelong sport aficionado my absolute commitment is to motivate and empower young players, take professional sportsmen to new heights by teaching them to overcome their mind and create a ripple effect of success by unlocking the tremendous potential which lies dormant within each and every player.

Highlights of involvement in sport & sports training

Played and coached by the best in the sporting field (Africa, Asia & Europe).

Twelve years of research & development in the US of mental preparation practices & sporting insights from sporting codes across different modalities.

Background in Chiropractics from an American university - deep medical understanding of body basics.

Reebok Alliance Personal Instructor course. Cutting edge body exercises. Nutritional understanding and qualification (New York, USA).

In-depth mastery of sport coaching techniques and extensive training in consciousness coaching from one of the world's leading academies.

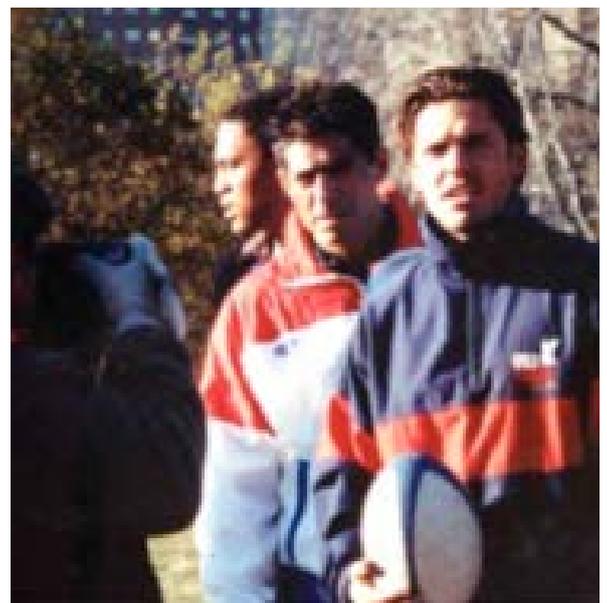
Mastery in tools of Zen meditation, Body consciousness, the art of hatha yoga and the practice of kin yin, a walking meditation as well as the Martial arts practice - Hojo (art of sword fighting)

Chosen alongside Nelson Mandela in the celebrity world XV against South African XV by Rugby 360°, for having cultivated an unshakable attitude of self-belief and success: 'no matter what Brett touches turns into gold'.

Recently swam the Robben Island Crossing in honour of Nelson Mandela in 12°C shark infested waters of the Atlantic in just a speedo & goggles in an incredible 2hrs 27mins, to show that ultimately, if you are able to overcome your mind and detach from your thinking and feeling, powered by intention and creating a masterpiece to support that vision or dream, you can achieve anything.



I am a motivator who is on a quest to bring enlightenment to the competitive world of professional sports.



Sports Motivation & Leadership Training

The Bigger the dream the more important the Team

- The strength of the team lies in the adaptability of each player, the quality of each interaction, and the strength of the collective will, determination and commitment to succeed powered by a unified intention!
- Training principles: Obsessing about winning adds an unnecessary layer of pressure that constrains body and spirit and, ultimately, robs you of the freedom to give your best.
- Enduring your career, health, reputation & personal life
- Becoming an authentic player and team
- Celebrating higher levels of defense, attack, respect and confidence
- Prescription to building your own and the team's winning masterpiece
- Time to step into your greatness
- How BIG is your love for your sport and your legacy

- Emotions, feelings, intuition, ethics and issues of being
- Hurdle mental blocks in competition
- Don't let Doubts Take Over

Staying focused in Competition

Intrinsic and Extrinsic Motivation

Overcoming injury mentally and physically

Perfectionism - root of anxiety and tension

Rebounding from poor performance

Dwelling in Errors - the # 1 sabotage of your greatness

Getting stuck in past competition - give it up!

Establishing your own good luck

Teams who visualize and can be flexible win championships

Ultimately your being will decide!



**If you have not achieved it how on earth can you teach it?
Second hand information will not get you over the finish line!**

Training Structure

Full-day: Zen Mind Body Spirit

Step into your greatness Sports Training (6 hour)

Motivational Talk – 7 personal Codes that distinguish good from greatness. (1 hour)

Create your masterpiece and step into your greatness - through engaging with the Sports Manifestation Kit. Create an individual and team masterpiece and winning formula. (2 hours)

Hojo Martial Arts Mind Power Training - through the art of Meditation and the art of Sword Fighting both on Attack and Defence. (3 hours)

Optional but Highly recommended: One-on-One and Group Coaching.

Recommended as:

- 1 coaching cycle per sportsman (1 cycle = 3 sessions) OR
- 5 group sessions to be facilitated over 1 to 3 months, scheduled into unions training and timetable.
- Bigger Picture Thinking
- Ability to act independent of your thinking and feeling
- Reaction vs Response
- Values
- Ability to set and manage goal-orientated processes for self and team
- Accountability to create more powerful performance based on culture and dynamic leadership style
- Getting complete with your life incompletions in your persona; and professional life. Mind Clutter, Emotional clutter
- Transforming anger into passion
- Clearing the mind through meditation is priceless
- Being present at practice
- Respecting your opposition by giving your all out of respect for battle, never hatred of the enemy
- Always being a student of life
- The true measure of a star is his ability to make the people around him shine!