



Sporting background:

Renzie has over 60 years experience as a martial artist and is a black belt in judo and an 8th degree black belt in Seido Karate, one of two senior instructors in the world in that system.

A judo champion in his youth and the youngest judo black belt in New Zealand at the time, he was the South Island Open and Middleweight champion, was the third ranked middleweight in New Zealand and a New Zealand trialist.

He then went on to study karate, represented New Zealand, was a finalist in the New Zealand Open, lived and trained in Japan under the world-renowned karate master Mas Oyama. While there he was offered a contract to fight professionally and was a model in the book 'Advanced Karate'.

Renzie has trained in New York on numerous occasions under his teacher, Kaicho Tadashi Nakamura, the founder of Seido Karate. Has appeared in demonstrations at Madison Square Garden and appeared in the movie 'Strongest Karate'.

Renzie has trained several world champions in Seido Karate and taught in numerous countries.

In 1990 he was part of a team invited to Tokyo to represent New York, to give demonstrations at the Meiji shrine and to assist in conducting seminars and appeared on prime time television.

Performance Psychology:

He is a director of Gazing Performance Systems, an international company that specialises in improving performance under pressure. The company has trained people in over 45 countries and clients include major multi-national blue chip companies, government departments, the military and leading sporting organisations.

Gazing trains in the areas of sport, business and education. Renzie is co-developer of many of the materials used by the company and is also responsible for much of the graphics and design.

He has worked with a large number of sports people, both in New Zealand and overseas including the English Rugby Union's High Performance Department, co-conducting seminars and workshops for coaches, players and referees.

Assisted a number of world and Olympic champion athletes in a variety of sports including triathlon, duathlon, aquathlon, swimming, croquet, Seido Karate, speed boat racing, multi sport and adventure racing and also attended the Olympics with the NZ triathlon team.

Over many years has assisted Dr John Hellemans, world-renowned triathlon coach and 8 times world age group champion.

Renzie has worked with a national champion hockey team, gymnasts, trampolinists, rifle shooter, swimmers, boxers, bowlers and three Coast to Coast winners.

His clients have included the All Blacks, Crusaders / Canterbury rugby teams and the Canterbury Rugby Unions International Division, the Silver Ferns netball team, the NZ womans touch team and the Cavaliers hockey team.

In 2016 conducted workshops in Brunei for the Royal Gurkha Rifle Regiment and followed this up in 2017 where he and two others from Gazing conducted training at the Gurkha HQ in Dover, UK.

Along with Dr Ceri Evans was seconded to work with the All Blacks in 2010/2011 to assist in their preparation for the World Cup.

He consults for Lincoln University's Sports Scholarship programme.

Renzie also works closely with the NZ 2012 swim club coach of the year and one of five gold star swim coaches in the country.

Along with another Gazing director, Dr Ceri Evans, Renzie was invited to give a talk on mental conditioning at Oxford University.

In 2009 he and fellow kiwi and Gazing director Bede Brosnahan worked in Soweto conducting workshops for teachers in Leadership and Pressure in the Classroom.

Has worked with secondary schools, with staff and with the area principals association.

Renzie also talks at conferences, both here and abroad.

Along with Dr Ceri Evans was co-developer of the Red Blue model.

Books:

Together with Dr Evans he contributed to 'Mind Games' – a book concerned with the mental aspects of performance published in London, 2004.

Renzie also contributed to Endurance Sports Diary 2005, a handbook for triathletes and multi sport and Triathlon Coaching by Dr John Helleman.

Contributed to Lincoln Universities book by Prof Mike Hamlin "The Science and Practice of Rugby Training"

Occupation:

He presently works as a company director, graphic designer and was for some years a therapist at a local medical clinic.

An award winning graphic designer Renzie was a judge at the 1993 New York Art Directors' Club's International Awards.

Has had his own design business for many years and has produced a wide range of work from logos, brochures, numerous books and also illustrates.

He has also lectured in design and illustration at tertiary level.

In conjunction with Tucker Media he has produced a series of books including a very popular series for children.

As a musician Renzie was a finalist in the Tamworth songwriting awards and has released four albums, mostly of his own work.

His songs have appeared on national radio and in TV and radio ads.

Training:

He trained under the Elisabeth Kübler Ross organisation in the USA, Australia and New Zealand as well as having a background and training in other therapeutic modalities.

Is an Avatar master and for a few years gave a series of long distance lectures to post-graduate students on facilitating change for patients of health professionals.

Renzie's broad background gives him a unique perspective on the building blocks to success in a variety of domains.

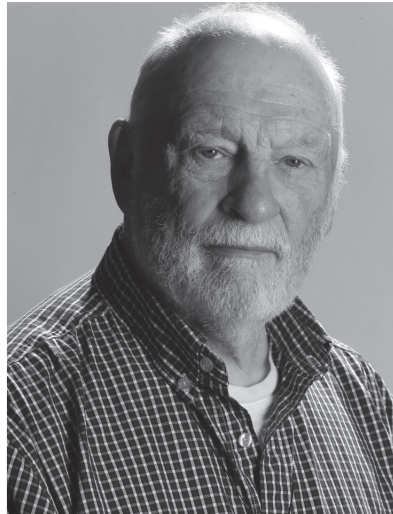
Awards:

His work in the community was recognised recently when the city of Christchurch (New Zealand) presented him with a civic award and in 2008 he was given a 'heroes' award by the community.

He has been inducted into the World Martial Arts Hall of Fame.

In 2012 Renzie was awarded the Queens Service Medal.

In 2017 awarded a Prime Minister's Scholarship



Testimonials / Sport:

Hi Renzie

Now the dust has settled thank you for your help and expertise with Gilbert, myself, Richie and the boys.

I believe the knowledge and skills learnt were very significant in our confidence and mind set throughout the finals.

There is no doubt the mental strength of the group and their trust in one another, was the strongest it has been during my time as coach.

All the best for the future

Regards

Sir Graham Henry

Former All Black Coach

Thank you to Hanshi Renzie for your decades of insight, care and humour. As a teenager, you opened my eyes to what really mattered in the mental space for performance, and you still do when I go off track. I have lost count of the thousands of hours we have sat together, but I have never lost sight of your original thinking, nor of our partnership in developing the RED - BLUE model: this book is ours in every sense of the word, and your encouragement of me to write it says it all. Thank you for your friendship.

Dr Ceri Evans, from the book 'Perform Under Pressure.'

I have worked with Renzie now for many years and he has been a mentor for me in my role as a coach. The key focus of gazing is on performing under pressure and with distractions. This is very relevant for high performance sport.

The techniques gazing uses by focussing on the process and learning to recognise the related mental aspects I have found very useful for myself, not only as a coach, but also as an athlete (I still compete in masters competition). His input has prolonged my life as a coach and as a competitor, mainly by the creation of a consciousness around what I am trying to achieve and what I am actually doing during the process. Renzie has been able to assist me through mostly informal discussions, during which he often encouraged me to find the answers myself to the questions I had.

As a medical practitioner I have run a successful sports medicine centre for many years. Renzie played an instrumental role in maintaining a strong culture within the clinic. He has been the independant facilitator, mostly in the background but in times of crisis able to diffuse emotions, identify the issue and assist the relevant personal to get back on task. A happy and effective work place has been the result, to the benefit of the patients visiting the clinic.

In my experience gazing is an excellent tool which can assist in facilitating harmonious human interaction and realising an appropriate level of consciousness around any additional aspects of human performance. Please let me know if you have any further questions.

Kind regards

Dr John Hellemans FRNZCGP

CHAMPIONS!!!!!!!!!!!!!!

We beat Auckland in extra-time 2-1 to win the final for the first time since 1995. The party was still going 36 hours later!!!! The team was still wearing their medals yesterday afternoon at the bbq we had. My head is sore, my guts are spinning and my mouth is dry, but this is the greatest sporting feeling that I have had.

On Saturday we beat North Harbour 5-0 in the semi!!!! It was the best game the team played in the 4 years I coached. Amazing performance.

You would have been really proud Renzie with all during the final the team yelling our "on task" (same in the semi). We did a talk before the final on what it meant to play for Canterbury and I was blown away by the amazing comments (actually ended up crying I found it so emotional).

Thanks so much for your help Renzie - we could have never done it without you. On a personal note thanks so much for all the advice and help you have given me. I thank you from the bottom of my heart for your guidance.

Anyway I thought this would make your day even better.

Cheers

Andrew Hastie

Coach Canterbury Hockey Team

As a professional coach I was having an issue with one of my athletes when she was approaching and at an important competition and recognised that she needed assistance to overcome her fears with some mental skills training. Renzie Hanham was independently recommended to me by 3 people so I met with him and he agreed to assist.

The result of Renzie's consultations were very helpful for the athlete.

As a result I also personally started using Renzie to assist me in my professional career and management of athletes and have recommended a number of other of my athletes and colleagues to use him.

In my experience Renzie is first and foremost able to provide clarity to all situations. His integrity, understanding, wealth of experience and calm manner assists clients with being very honest with themselves. As a result of this honesty you are able to see why you do things and where the conflict could be with your beliefs and what you are trying to achieve.

One thing I like is Renzie always follows up consultations with great support.

Renzie has really assisted me with the management of my athletes and I would recommend him to anyone requiring the services he has to offer.

Brigitte Mahan

Head Coach

Renzie has the unique ability to draw on many 'life' experiences as well as a range of sporting examples to both educate and illustrate messages to our student-athletes. He is also comfortable in sharing his own personal examples when appropriate to explain, clarify and build rapport.

His presenting skills are a unique approach for our student-athletes without the need for PowerPoint and encourage them to contribute to their own learning. Renzie is also comfortable and patient with the time taken to deliver messages, 'it takes what it takes' so-to-speak.

The curriculum developed for the Sport Scholarship Programme is structured, informative, but also uniquely fluid in nature. Renzie is more than willing to go the extra required to add to the education of our student-athletes and the 1 on 1 "speed-dating" has been a valued addition to our athlete-education programme.



From a Case Study by Conor McCarthy

3.5 Mental Skills: Both the Crusaders and The Blues had mentalskills coaches. At The Crusaders this was an amazing individual called Renzie Hanham who had no experience of rugby and at The Blues, this was former professional rugby player, Isa Necewa.

In both camps, a slot was devoted to the mental skills challenge once a week. However, the challenge was seen as far greater at The Blues. Here, the mental skills coach spent more time trying to bring the group together and get the players to take charge of their environment.

At the Crusaders, the Hanham devoted more time to issues such as performance anxiety which was normalised and deconstructed into three variables, i.e. expectation, scrutiny and consequence.

The process mentality was developed and the players were thought to learn that their subconscious was the most efficient deliverer of a complex task. On this basis, they understood that by sticking to the process and controlling their thoughts, they were better able to handle in game pressure situations. Other techniques such as grounding and physical hooks were thought to the players so that they could bring their attention back into their body and exercise control over negative thoughts during a game situation, e.g. Richie McCaw will catch his wrist and stamp his feet.

Trigger word acronyms also formed part of their language here, e.g. Intense, Clear, Execution became ICE. The players appeared to have a special connection with Hanham and seemingly prepared the fact that he had no pre-existing knowledge of the game.

Virginia Archer, ITENZ Board Member

I work across Nelson and Blenheim running two Community Colleges and so with my commute of 3 hours return equalling those living in Auckland I find my time to attend networking events limited. However last week I managed to sneak off to a Nelson Chamber lunch where I had the absolute pleasure mixing with other business managers and owners and listen to one of the most informative and motivating talks I have had in a few years.

Renzie Hanham QSM is a director of Gazing Performance Systems. An international company that specialises in improving performance under pressure. Yes I can hear you all now this must have been designed for the Independent Tertiary Sector! But Renzie's work is generally with sports teams and athletes however his principles were just so transferable I had to share them with everyone.

The key aspects that I took home were

1. We all have default behaviours when we are under stress

2. Those Default behaviours are

Aggressive

Passive/withdrawn

Escape / shutdown

3. When we are under stress and in our default mode our focus tends to become all about things we actually have no control over. We will spend lots of time lamenting about the environmental factors that are impacting on us and justifying why we can't push through, either aggressively hitting out or giving up or giving in.

How many times have we increased our stress levels doing this? As the stress builds up and we get more and more caught up in things we have no control over we begin to lose perspective and the sense of being powerless begins to take over.

4. If we focus on things we can control such as our ACTIONS our RESPONSES our ATTITUDE and our GAME PLAN, TECHNIQUE, and the INTENSITY WE WORK we then become bigger than the situation and are the creator of rather than the participant in a situation.

5. How we keep focused on the things we control is to trust our training and knowledge, keep in the present not anticipate the future (where we have less control) become task and process orientated, believe in what we are doing, and most of all ENJOY what we do.

These are my notes and so reflect my interpretation of Renzie's presentation. If you want to know more I suggest you check him out. Since last Wednesday I have used this several times to ground myself and keep my focus on the task in hand not the uncontrollables from external departments, organisations, governments and people.

I think I now know how the All Blacks kept so calm during the 2011 World Cup when we were all feeling sick and thinking of the unthinkable in the stands or standing on a chair in the lounge (my husband) or in my case sitting silent and wondering if indeed the sun would rise if we didn't actually win this thing!

Thankfully they knew how to perform under pressure and did it all again for us last year!

I can warmly recommend Renzie Hanham to anyone considering his professional services. I have known him for many years, in which he has helped me and my company in various different ways. He is completely professional, trustworthy and honest. He's thoroughly experienced and multi-talented, with a fine understanding of human motivation. Faith in him is very well placed.

Michael Brown, Director, Skillset New Zealand.

Having worked with Renzie in both a personal and professional capacity since 2008, my overriding thought is that he doesn't know all the answers (show me someone who does) but he does know most of the questions. The reason he's so successful as a 'psych coach' (he hates that phrase but it's the best way of describing what he does) is that he has mastered the art of asking probing questions and listening intently to the answers. This empowers his clients to figure out tailor-made solutions to their challenges. One of the best examples of this is his red head - blue head model, which has helped numerous athletes, business leaders and 'weekend worriers' (no typo) to understand when and why they are off task (in a funk), and how they can mobilise their resources in order to get back on track. In addition to being exceptionally good at what he does, Renzie has the respect and affection of everyone he works with - largely because (despite having achieved a huge amount, particularly in the martial arts arena, and working with some high profile individuals and organisations) he remains self-effacing and humble. If you are looking to improve your performance or the performance of your team you need to talk to Renzie.

Tim Webster

Rugby Administration Manager CRFU

I've known Renzie for over 10 years. He worked with me on my mental game plan for racing the Coast to Coast at the elite level. The intention was to gain a psychological edge over my competitors. However the outcome of my work with Renzie far exceeded expectations. Not only did we devise successful strategies for dealing with the pressures of training and competition, the teachings went far deeper by being applicable to many aspects of life in general, and this has enriched me as a person. I regularly draw on the tools Renzie taught me, to deal with the challenges of life, my business, my personal and professional relationships as well as my greater view of the world and universe. I feel very privileged to have had the opportunity to work with Renzie over the years, and continue to do so even in life after racing. He has a unique and powerful talent for helping people get the best from themselves.

Renzie is also a talented graphic designer and has helped me with several design projects for my business. His work is excellent and he always delivers before deadlines.

Emily Miazga, M.Sc. Clinical Nutrition

3x Coast to Coast World Multisport Champion

Founder of Em's Power Cookies

Testimonials / Graphics:

Earth Sea Sky Graphic Designer 1990 to Present Day

Renzie Hanham has been our company's graphic designer for the past twenty-six years. When Renzie asked me for a reference to update his CV I was surprised. Renzie's significant experience in graphic design work, karate, counselling, sports psychology and music speak for themselves and make him one of the most talented people I know.

Renzie has single-handedly created the marketing image behind Earth Sea Sky. This includes advertisements, store signage, product ticketing, catalogues, merchandising posters, leaflets, stationery, logo's and display stand layouts. He is an inherent part of our business and takes great care to ensure our presentation maintains the high standard our customers have learnt to expect.

It is difficult to describe creativity and neatly place it in a box. From my experience successful graphic design requires a holistic approach. The end result of the process is an image that represents your products. An image may answer the "How and What's" but it is "the Why" behind the scenes that gives it true meaning and relevance. I have found few graphic designers tackle "the Why" and for this reason their work is soulless and easily forgettable. It is the "Why" where Renzie stands out from others.

Renzie questions most of our design briefs and asks the searching questions in terms of what we are attempting to achieve. On occasions we have had vigorous debates on the direction and presentation and when we disagree find our alternative suggestion is rarely followed.

Renzie is tutored in the traditional disciplines of graphic design. Simplicity is his trademark and he has always advocated less is more. He is an extremely clear thinker regarding the message behind his work. He is not afraid of communicating these views and from my twenty six years I have learnt it is your folly to ignore them.

David Ellis

Founder and Managing Director
Earth Sea Sky Equipment Ltd.

14 February 2011

To Whom It May Concern:

This is to state that I have worked with Renzie Hanham for many years in his capacity as Mental Conditioner.

When I was High Performance Director for Triathlon New Zealand (1995-2000) Renzie was instrumental in the implementation of a strong culture within high performance programme which is still present today.

As a coach I believe that every coach needs a mentor. Renzie has been that for me and still is. In addition he has worked with several athletes I have coached over the years.

As a coach himself (Martial Arts) Renzie has a unique insight into the challenges faced by coaches. As a co-director of the company Gazing, he has been instrumental in co-developing a simple model which enables athletes and coaches to perform under pressure and with distractions.

The model applies to all sports and teams and is easily understood. Emphasis is on keeping your attention on the task.

Renzie prefers the less formal approach with his work. I have found Renzie skilled in helping me to recognise key issues and finding solutions for them myself.

Renzie is widely read, a clear thinker and eloquent in expressing his views. He works well with groups and individuals.

I like the way he generally refers back to the coach so the coach/athlete relationship stays intact or is strengthened as a result.

I can strongly recommend Renzie as a Mental Conditioner for sports teams and individuals.

Kind regards

Dr John Hellemans FRNZCGP