

NAME
Address
Email

EDUCATION

University of Denver, Denver, CO June 2014
M.A. in Sport and Performance Psychology

University of North Carolina, Chapel Hill, NC May 2011
B.A. in Psychology

EXPERIENCE

Denver Public School System, Denver, CO 5/2013 - 5/2014
Performance Consulting Program Co-Coordinator

- Coordinated a high school systems-wide performance enhancement program
- Trained 5 athletic teams and 100+ individuals to develop mental skills to enhance performance and overall well-being
- Presented monthly workshops for 10 coaching staffs on creating a more positive mental environment for athletes, training mental skills in their athletes, and improving interactions with fellow coaching staffs
- Highlights include: Mental Skills Handbook for coaches and 4.70/5.00 overall score on consultant evaluation forms

Ski & Snowboard Club Vail, Vail, CO 9/2012 - 5/2014
Peak Performance Intern

- Designed and presented performance enhancement workshops on mental rehearsal, attention control, energy management, and other skills for 20 elite athletes ages 14-15
- Consulted closely with 6 individuals throughout the year on establishing routines, reducing pressure, and returning from injury
- Ingrained mental skills during on-hill training sessions as evidenced by athletes use of mental imagery, cue words, and performance routines in competition

Olympic Training Center, Colorado Springs, CO 2/2014 - 4/2014
Sport Psychophysiology Trainee

- Received training from the USOC Senior Sport Psychophysiology to use EEG and HRV biofeedback technology to enhance performance

AFFILIATIONS & CERTIFICATIONS

Association for Applied Sport Psychology (AASP) – Member since 2010
Association for Applied Psychophysiology and Biofeedback (AAPB) – Member since 2013
Impact Concussion Testing Certification

SKILLS

Biofeedback; SPSS; Microsoft Office (Word, PowerPoint, Excel)