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EDUCATION:

1997-2001 **Masters of Science** in Psychology of Sport (Physical Education)
University of Montreal, Physical Education (Montreal, Quebec)
[Thesis on the psychological profile of successful officials](#) supervised &
published with the sports psychologist of the National Hockey League
(NHL) Montreal Canadiens - Professor Wayne Halliwell Ph.D.
Grade Point Average of 3.74

1996-1998 **Graduate Diploma** in Sports Administration
Concordia University, John Molson School of Business (JMSB) (Montreal, Quebec)
Prestigious Accreditation from the American Assembly of Collegiate
School of Business (AACSB)
[Thesis on how learned optimism can benefit coaches](#) published at the JMSB

1992-1995 **Bachelor of Arts; Specialization** in Psychology
Concordia University, Faculty of Arts and Science (Montreal, Quebec)
Volunteered as a peer helper aiding students with various difficulties

CLASSROOM TEACHING & ADMINISTRATIVE EXPERIENCE:

University

- **Professor & Sports Psychology Coach**
Workshops entitled Psychology of Peak Performance and taught to university intercollegiate football players (08/2003-11/2003, 2011 Stingers Soccer Team)
- **Assistant Director** Summer Sports Camp, Concordia University
Involved in hiring staff, overseeing day-to-day operations while helping supervising staff, activity specialists and other support staff. Montreal; summer 2003

High School

- Work with a variety of teams such as hockey, soccer, football, lacrosse, volleyball, basketball, tennis and teach adolescence the psychological techniques to create, recreate and maintain peak performance in sports. (Sir Wilfred Laurier School Board SWLSB, 2010-present).
- Pioneered one of the 1st Introduction to Sports Psychology course in Quebec high school + variety of other subjects (SWLSB, 1995).
- Also worked at the LBPSB (Lester B. Pearson School Board) & English Montreal School Board (EMSB).
- Vice Principal & Taught Math, Herzliah High School - Snowdon

In charge of discipline and student life for Secondary I & II. Involved in planning of other activities within the school as well as facilitate liaison between students, teachers and parents 01/2004–06/2004

RECENT PROFESSIONAL, DEVELOPMENT SEMINARS & COACHING EXPERIENCE:

- President and owner of [Flow in Sports](#) 10/2003-present
 - Experience with recreational, [amateur](#) & [professional athletes](#) (NHL, MLB (Major League Baseball), ATP (tennis) as well as other non-traditional sports of all ages and backgrounds.
 - help athletes create, recreate and maintain flow in their sport or achieve peak performance in their field by offering [mental skills assessments](#), consultations for amateur & professional and athletes with specific [mental skills exercises](#).
 - Train athletes by offering access to tailor made [e-learning](#) site for athletes and teams.
 - Offer athletes the ability to learn at their own pace by providing them access to a variety of [courses](#) in mental skills training.

- President & Academy Director [Tennis & Sports Psychology Academy Inc.](#) 2006 - present
 - [Day camp for children](#) 5-14 years old emphasizing cooperative games, using a token economy to shape campers behavior in which they exchange their coupons for prizes. [View promo video](#).
 - Weekly sports psychology workshops helping children improve mental skills by working on [highlights](#) and a variety of sports psychology themes.
 - academy also offers [private tennis lessons](#) and [group clinics](#)

- Sports Psychology Consultant: Laval Liberty High School (2010, 2011, Lake of Two Mountains 2012 & 2013 and Laurier Senior High School 2013-present).
 - Provide weekly workshops to the sports teams i.e. ‘AAA’ football, soccer, ‘AA’ hockey as to the psychological characteristics of peak performance.
 - access to [e-learning website](#) for all sports teams in which they can collaborate with the coach, sports psychology coach and with each other. View [my video](#) explanation.
 - feedback to coaches aided by practice and game observation.
 - hockey team won the regional championship (2011).
 - football team undefeated (8-0) and went on to win the championship ‘Bol D’or’ in 2010.

- Sports Psychology Consultant: Concordia University Intramural Hockey Officials (2001-2007, 2011-present)
 - Seminars on achieving officiating excellence for ice-hockey referees.
 - Provide sports psychology consulting to officials both on and off the ice and unite officials online so that officials can hone their mental skills.

- Sports Psychology Coach: Concordia University Varsity Stingers Football (08/2003-12/2003)
 - Weekly courses to the team on mental skills training i.e. motivation, team building, focus etc.
 - Team flourished with a record breaking year of 7-1.
 - Consulted with head coach and supporting staff as to the ongoing progress of team.
 - Consulted athletes seeking to achieve **peak performance** on a one-on-one basis.

- Conference entitled “The **Psychology of Officiating Excellence**” & Mental Toughness presented to:
 - 1) Concordia university hockey referees (1999, 2002, 2003, 2004, 2012, 2013).
 - 2) City of St-Laurent and Town of Mount Royal referees (2002).

- Conference given to spa team aboard International Royal Caribbean Cruise Line to **improve team dynamics, enhance employee motivation and increase sales techniques** (2002)

LANGUAGES:

Fluent in English and French