

# MICHAEL ANDERSON

Mental Performance Specialist

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Proactive E-Sports Psychologist with extensive experience in the mental health domain of competitive gaming. Specializes in developing psychological frameworks that enhance player performance and emotional well-being. Skilled in conducting psychological assessments, implementing training programs, and collaborating with gaming organizations to promote mental health awareness. A strong advocate for the integration of psychological principles in e-sports, committed to advancing the understanding of mental health challenges faced by gamers.

## WORK EXPERIENCE

### Mental Performance Specialist | Competitive Gaming Federation

Jan 2022 – Present

- Designed mental performance assessments to optimize player readiness.
- Conducted training sessions on cognitive strategies for competitive play.
- Collaborated with esports teams to enhance psychological support.
- Facilitated workshops on emotional resilience and stress management.
- Developed evaluation metrics for mental health programs.
- Published research on the impact of mental training in gaming.

### E-Sports Psychological Advisor | Gamer Support Network

Jul 2019 – Dec 2021

- Provided expert guidance on mental health practices within gaming.
- Developed resources for gamers facing psychological challenges.
- Conducted assessments to identify mental health needs.
- Facilitated community workshops on mental health awareness.
- Collaborated with mental health organizations for comprehensive support.
- Presented at various gaming conferences on psychological best practices.

## SKILLS

mental health advocacy

performance assessment

emotional resilience

workshop development

community engagement

research publication

## EDUCATION

### Ph.D. in Psychology

2015 – 2019

University of Florida

## ACHIEVEMENTS

- Increased mental health program engagement by 70% among gamers.
- Recognized for developing comprehensive mental health strategies for e-sports.
- Authored multiple publications on the intersection of psychology and gaming.

## LANGUAGES

English

Spanish

French