



MICHAEL ANDERSON

Junior Mental Performance Coach

Dedicated Mental Performance Coach with a focus on the psychological aspects of gaming performance. Proven expertise in developing mental training strategies that enhance players' focus, resilience, and overall mental health. Comprehensive experience in working with gaming teams to cultivate a culture of psychological well-being and peak performance. Strong commitment to continuous professional development and staying abreast of the latest research in sports psychology.

CONTACT

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- San Francisco, CA

EDUCATION

Bachelor's in Psychology

University of California
Los Angeles

SKILLS

- Mental Health Promotion
- Coaching Support
- Stress Relief Techniques
- Community Outreach
- Research Participation
- Program Development

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Junior Mental Performance Coach

2020-2023

Next Level Gaming

- Assisted in the development of mental conditioning programs for players.
- Facilitated individual sessions focusing on stress relief techniques.
- Conducted performance reviews to assess mental growth and development.
- Collaborated with senior coaches to integrate mental training into practice.
- Participated in workshops on mental health and wellness for gamers.
- Supported research initiatives on mental performance in gaming.

Mental Health Advocate

2019-2020

Esports Health Initiative

- Promoted mental health awareness in the esports community through seminars.
- Developed resources for players on managing gaming-related stress.
- Collaborated with mental health professionals to create support systems.
- Conducted surveys to gauge players' mental health needs and challenges.
- Facilitated community outreach programs to promote mental wellness.
- Provided guidance on mental health resources available to gamers.

ACHIEVEMENTS

- Increased mental health awareness among 200+ gamers through outreach programs.
- Recognized for contributions to mental health initiatives at the Esports Health Conference.
- Assisted in the development of a mental health resource guide for players.