



# Michael ANDERSON

## SPORTS PERFORMANCE CONSULTANT

Innovative Professional Sports Medical Officer specializing in the intersection of sports medicine and performance psychology. Notable for a holistic approach to athlete health, addressing both physical and mental aspects of sports performance. Expertise in developing comprehensive wellness programs that incorporate psychological resilience training alongside physical rehabilitation. Demonstrated ability to collaborate with sports psychologists and coaches to create an integrated care model that enhances athlete performance.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- Performance psychology
- Mental conditioning
- Athlete counseling
- Wellness program development
- Psychological assessment
- Multidisciplinary collaboration

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**PHD IN SPORTS PSYCHOLOGY,  
UNIVERSITY OF MENTAL HEALTH**

### ACHIEVEMENTS

- Increased athlete performance metrics by 20% through mental conditioning.
- Recipient of the Excellence in Sports Psychology Award.
- Published research on the impact of mental health on athletic performance.

### WORK EXPERIENCE

#### SPORTS PERFORMANCE CONSULTANT

Athlete Mindset Institute

2020 - 2025

- Developed and implemented mental conditioning programs for athletes.
- Collaborated with coaches to integrate mental health strategies into training.
- Conducted assessments to evaluate athlete psychological readiness.
- Facilitated workshops on stress management and peak performance.
- Provided one-on-one counseling to athletes during recovery periods.
- Created educational resources on the psychology of sports performance.

#### CLINICAL SPORTS PSYCHOLOGIST

Integrated Sports Health Services

2015 - 2020

- Conducted psychological assessments for injured athletes.
- Developed individualized mental health plans to support recovery.
- Worked with multidisciplinary teams to ensure holistic athlete care.
- Presented research findings at international sports psychology conferences.
- Created outreach programs to promote mental health awareness in sports.
- Developed training modules for coaches on athlete mental health.