

MICHAEL ANDERSON

Volunteer Sports Psychology Assistant

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Emerging sports psychologist with a focus on mental performance enhancement and athlete well-being. Committed to utilizing psychological principles to support athletes in achieving their goals and overcoming mental barriers. Strong foundation in cognitive-behavioral techniques and motivational strategies, developed through academic training and hands-on experience. Known for the ability to connect with athletes on a personal level, fostering trust and openness in discussions about mental health.

WORK EXPERIENCE

Volunteer Sports Psychology Assistant | Community Sports Program

Jan 2022 – Present

- Assisted in organizing mental health workshops for young athletes.
- Provided support during counseling sessions under supervision.
- Conducted surveys to gather feedback on mental health initiatives.
- Helped develop promotional materials for mental health resources.
- Engaged with athletes to discuss their mental health concerns.
- Participated in team meetings to strategize outreach efforts.

Intern Sports Psychologist | University Athletic Department

Jul 2019 – Dec 2021

- Supported the implementation of mental training programs for athletes.
- Observed psychological assessments and counseling sessions.
- Contributed to research on athlete mental health outcomes.
- Participated in workshops on performance enhancement techniques.
- Assisted in the development of athlete mental health resources.
- Collaborated with staff on mental health awareness campaigns.

SKILLS

mental performance enhancement

cognitive-behavioral techniques

workshop support

athlete engagement

research assistance

teamwork

EDUCATION

M.Sc. in Sports Psychology

2015 – 2019

University of Health Sciences

ACHIEVEMENTS

- Contributed to a 20% increase in workshop attendance for mental health awareness.
- Assisted in creating a mental health resource toolkit for athletes.
- Recognized for initiative in promoting mental well-being among peers.

LANGUAGES

English

Spanish

French