

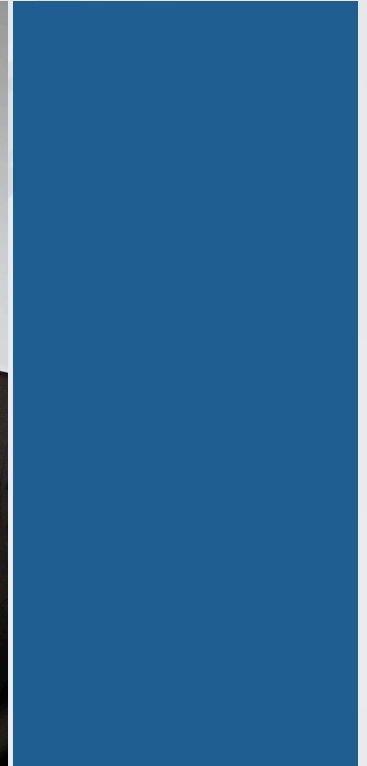


# CSPA Webinar: Developing Successful Team Culture

October 29<sup>th</sup>, 2015

Canadian Sport Psychology Association / Association Canadienne de la Psychologie Sportive





## The CSPA welcomes YOU!

Adrienne Leslie-Toogood, PhD, CSPA Chair  
Shaunna Taylor, PhD, CSPA Co-Chair

Penny Werthner, PhD, CPSA Past Chair  
Webinar Facilitator

Canadian Sport Psychology Association / Association Canadienne de la Psychologie Sportive





# CSPA Panel of Experts

Canadian Sport Psychology Association / Association Canadienne de la Psychologie Sportive

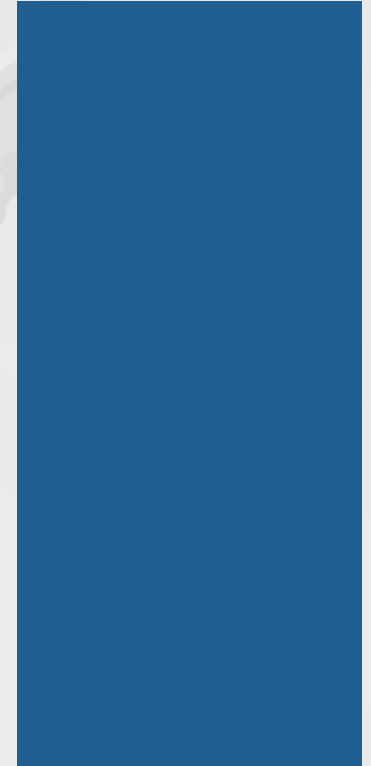




## Dr. Kirsten Barnes

Kirsten had been working as a mental performance consultant for 15 years. She graduated from University of Victoria in 1993 and then completed a PhD in sport psychology at University of Bristol, England in 1998. Kirsten competed for Canada in rowing in the 1988 and 1992 Olympic Games. She is a double Olympic Gold Medalist from the 1992 Games and World Champion in 1991 at the Rowing World Championships in both the 4- and 8+.





## Dr. Adrienne Leslie-Toogood

Dr. Adrienne Leslie-Toogood, a licensed psychologist and adjunct faculty at the University of Manitoba, has extensive experience working with athletes in both Canada and the United States at all levels of performance. She has attended almost every multi-sport games from the Canada Games to the Olympics and Paralympics, and has travelled extensively with a wide range of teams. In addition to her work in sport, Dr. Leslie-Toogood has worked with several other high performers including medical doctors, business leaders, and performing artists.



## Alex Hodgins

Works with the Canadian Women's National Soccer Team. Mental performance lead at two FIFA Women's World Cup tournaments for Canada. Founder and Principle Operator of Apex Performance Consulting in Vancouver, BC working with both individuals and teams on mental performance skills for achieving excellence.



# How do you define a successful team culture?

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How do you support a  
team's journey to achieve  
a successful team culture?






What challenges have you  
faced while helping a team  
build culture?



How important is the coach  
in developing successful  
team culture?

The background of the slide features a grayscale, high-contrast image of a person's face and hands. The person is holding a trophy, with their hands positioned at the base of the trophy's stem. The image is faded and serves as a subtle backdrop for the text.

What happens when you  
have an athlete that has a  
strong impact on the field  
but has negative energy off  
the field?



Do all teams that perform  
well have a successful  
team culture?





What is your best team  
experience?

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# Audience questions?

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**The CSPA  
Thanks YOU!!**

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