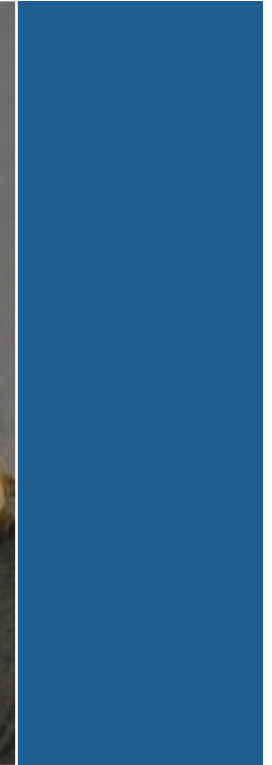




# Webinar: Preparation for Major Games Séminaire en ligne: La préparation lors d'évènements sportifs majeurs

Panelists/Panélistes: Dr. John Coleman, Christie Gialloreto, Alayne Hing, and Lisa Hoffart





## The CSPA welcomes YOU!

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

Dr. Laura Farres, PhD, Ch.P.C, CSPA Chair, Review Committee  
Webinar Facilitator

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# CSPA Panel of Experts

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# Dr. John Coleman





# Christie Gialloreto

As a Canadian Certified Counsellor in private practice, Christie has been consulting for over 17 years working with athletes of all ages on performance enhancement and personal counselling. She has counselled individuals and teams ranging from recreational to professional and Olympic levels. She has served as a Sport Psychology Consultant with Team Alberta for the 2007 Canada Winter Games, 2005 Canada Summer Games and 2004 Arctic Winter Games.



# Alayne Hing

Alayne founded Elite Edge in 2006 and is a Mental Performance Consultant who is currently affiliated with the Canadian Sport Institute-Calgary and the Alberta Sport Development Center. Her clients include individual Olympic & carded athletes, professional athletes, Speed Skating Canada, Cross Country Canada, Canadian Youth National Climbing Team, Canada Winter Games, Canada Summer Games, Tennis Canada, and CIS athletes.





## Lisa Hoffart

Lisa has been a Mental Performance Consultant with the Sport Medicine and Science Council of Saskatchewan since 2009. Lisa has been the Mental Performance Consultant with Team Sask at four major Games: the 2011 Canada Winter Games, the 2011 Western Canada Summer Games, the 2013 Canada Summer Games, and the 2015 Canada Winter Games. Lisa will also be the Mental Performance Consultant for Team Sask at the 2017 Canada Summer Games.

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When does the preparation begin for the major event? How does the beginning of the mental training plan differ from when you arrive at the major competition?



What is the biggest obstacle or uncontrollable that you have faced as a Mental Performance Consultant while at a major games?

What happens when an athlete has a moment of doubt, lowered confidence, and/or anxiety? What do you do or what have you done?



After working with these athletes,  
do you find the athletes still get  
caught up in the outcome of the  
competition/event/race?

What were the top 2 lessons learned  
after coming back from the major  
games?

How does a major event competition differ from other competitions? What do you do differently as a Mental Performance Consultant?



How many times do you meet with athletes/teams when you arrive at the competition venue?

If you work with a team with athletes from all across Canada, how do you monitor team culture or facilitate discussions on effective communication/ conflict resolution?

Audience questions?





# **The CSPA Thanks YOU!!**

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