

Mental Performance Consulting Internship Opportunities

Douglas College Athletics Department is offering 3-4 unpaid internship opportunities in the area of Mental Performance Consulting. Interns will provide support to the Douglas College Varsity student-athletes and coaches over the course of the College season (approximately 8 months). Douglas College Varsity Teams are highly competitive and have a strong history of success. Teams compete in the [Canadian Collegiate Athletic Association](#) (CCAA) and the [Pacific Western Athletic Association](#) (PACWEST). This mental performance consulting experience is designed to help interns develop their consulting skills, interests and professional practices under the mentorship of an experienced mental performance consultant.

Learning Opportunities

- Assess mental training needs and design, deliver, monitor and evaluate mental training programs for varsity team(s) over the course of a season using a periodized approach to mental skill development.
- Provide educational sessions on mental training strategies (e.g., goals, imagery etc.) and team dynamics
- Work with individual student-athletes on mental skill development
- Observe practices and competitive situations, assessing mental skills needs and providing on site support and consultation as needed
- Educate and support coaches on mental skills and mental skill integration
- Work as part of an integrated support team to facilitate service delivery and support
- Act as a liaison person between student-athletes and the support services on campus (i.e., counselling, advising, learning resources).

Requirements

- Be working toward or have completed graduate level work (Masters or Ph.D.) in a field related to Mental Performance Consulting (e.g., Kinesiology, Human Kinetics, Counselling Psychology etc.).
- Completed or in the process of completing the academic course work requirements (or the demonstrated equivalence) for CSPA professional membership (see www.cspa-acps.ca/membership-requirements-1.html)
- Excellent communication and organizational skills
- Strong interpersonal and problem solving skills
- A working knowledge of the University/College sport system is an asset
- Prior experience working with athletes and coaches is an asset

Mentorship

Interns will be assigned team(s) for which they will provide mental training support over the course of the season. They will work under the direction of an experienced Mental Performance Consultant and professional member of the Canadian Sport Psychology Association (CSPA).

Both direct and indirect mentorship opportunities will be provided and individuals will be able to apply hours toward supervised experience for CSPA professional membership.

Application Material

Please submit the following:

- Letter of intent indicating the following:
 - Sport/physical activity background
 - Experiences you bring with you that may contribute to the internship (undergraduate/graduate coursework, coaching experiences/certifications, volunteer work etc.)
 - Expectations for this internship
 - Future goals in the field of mental performance consulting
- Resume/CV
- 2 letters of reference

Deadline

The deadline to submit application materials is June 30, 2015 by 5pm. Please email completed applications to Dr. Laura Farres at farresl@douglascollege.ca .