

Sport Psychology

Dr Julie Waumsley, CPsychol
University of Kent at Medway





Dr Julie Waumsley

BSc Psychology
PhD Psychology
BASES Accreditation as a Sport &
Exercise Psychologist
BPS Chartership as a Sport & Exercise
Psychologist
Eligible for HPC (Health Professions
Council) Register



Work with:

- National and International Gymnastics
- National swimming
- National Fencing
- National Diving
- National Hockey Players
- National Trampoline
- National and International Orienteering

Sport Psychology

- Mental toughness
- Concentration and focus
- Confidence
- Anxiety and arousal control
- Motivation
- Goal setting
- Team cohesion
- Leadership
- Cognitive restructuring
- Imagery
- Preparation and pre-performance routines
- Counselling role



Three possible areas of work with athletes:

- Performance issues
- Lifestyle issues
- Well-being of athletes - counselling