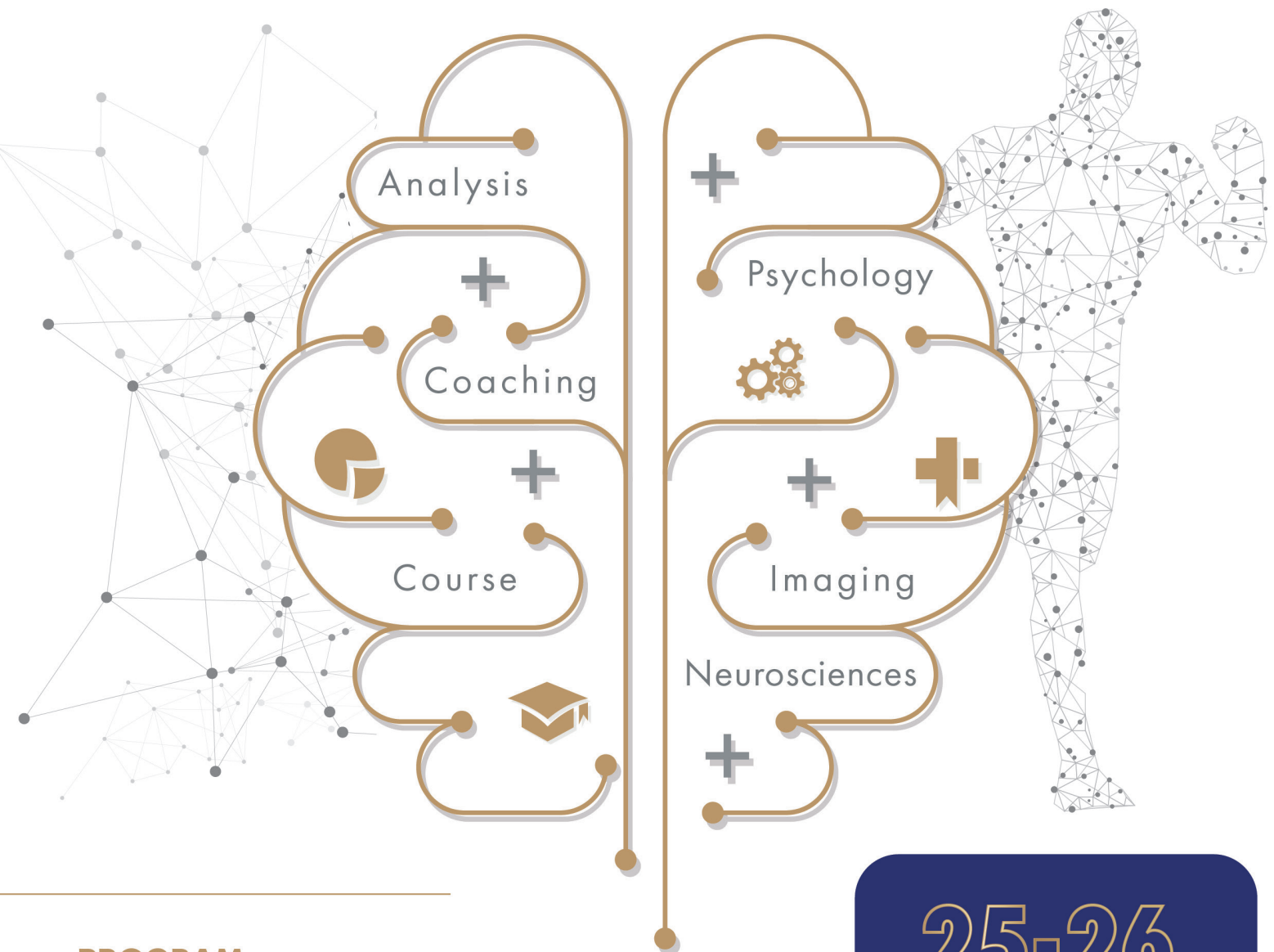




# INTERNATIONAL CONFERENCE

## MENTAL DIMENSION AND COACHING FOR SPORT PERFORMANCE



### PROGRAM

- **The management of uncertainty**
- **Sport psychology in the Paralympic environment**
- **The evolution of sport performance tools**
- **The trainer's approach**

25-26

NOVEMBER 2021

**INSEP**

11, avenue du Tremblay - 75012 Paris  
Registration required

[www.insep.fr](http://www.insep.fr)



# PROVISIONAL PROGRAM

## SESSION 3: THE TRAINERS'S APPROACH

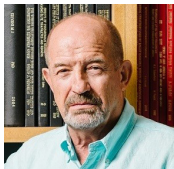
(26 NOVEMBER 2021 FROM 9:00AM TO 12:15AM)



**Carolina Lundqvist PhD**

*Associate Professor in sport sciences at the Linköping University*

**To deal with uncertainty and foster resilience among elite athletes in times of a pandemic: Evidence-based methods and applied experiences from a CBT-perspective**



**Peter Terry PhD**

*Dean of the graduate research school and Professor of psychology at the University of Southern Queensland*

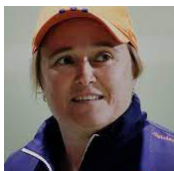
**Lessons learned in 30 years as an Olympic psychologist**



**Christophe Massina**

*National coach for the French Judo Federation*

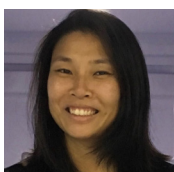
**Using Ericksonian Hypnosis with judokas in managing uncertainty**



**Alyson Annan**

*National coach Dutch Women's Hockey*

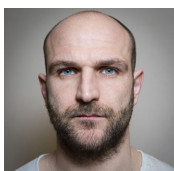
**The role of psychology support in preparation of the Dutch women's hockey team en route to the Tokyo 2020 Olympic Games**



**Joyce Koh Yanfang**

*Sport psychologist at the Singapore Sport Institute*

**Cross-cultural applications of sport psychology - A lived experience?**



**Florian Bruzzo**

*National coach for the French Swimming Federation*

### ROUND TABLE

**The importance of the psychologist's and the mental preparation counsellor's work before and during the Olympic and Paralympic Games**



**Natalie Durand-Bush PhD**

*Professor at the University of Ottawa and SFPS member*

**Institut National du Sport, de l'Expertise et de la Performance (INSEP)  
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