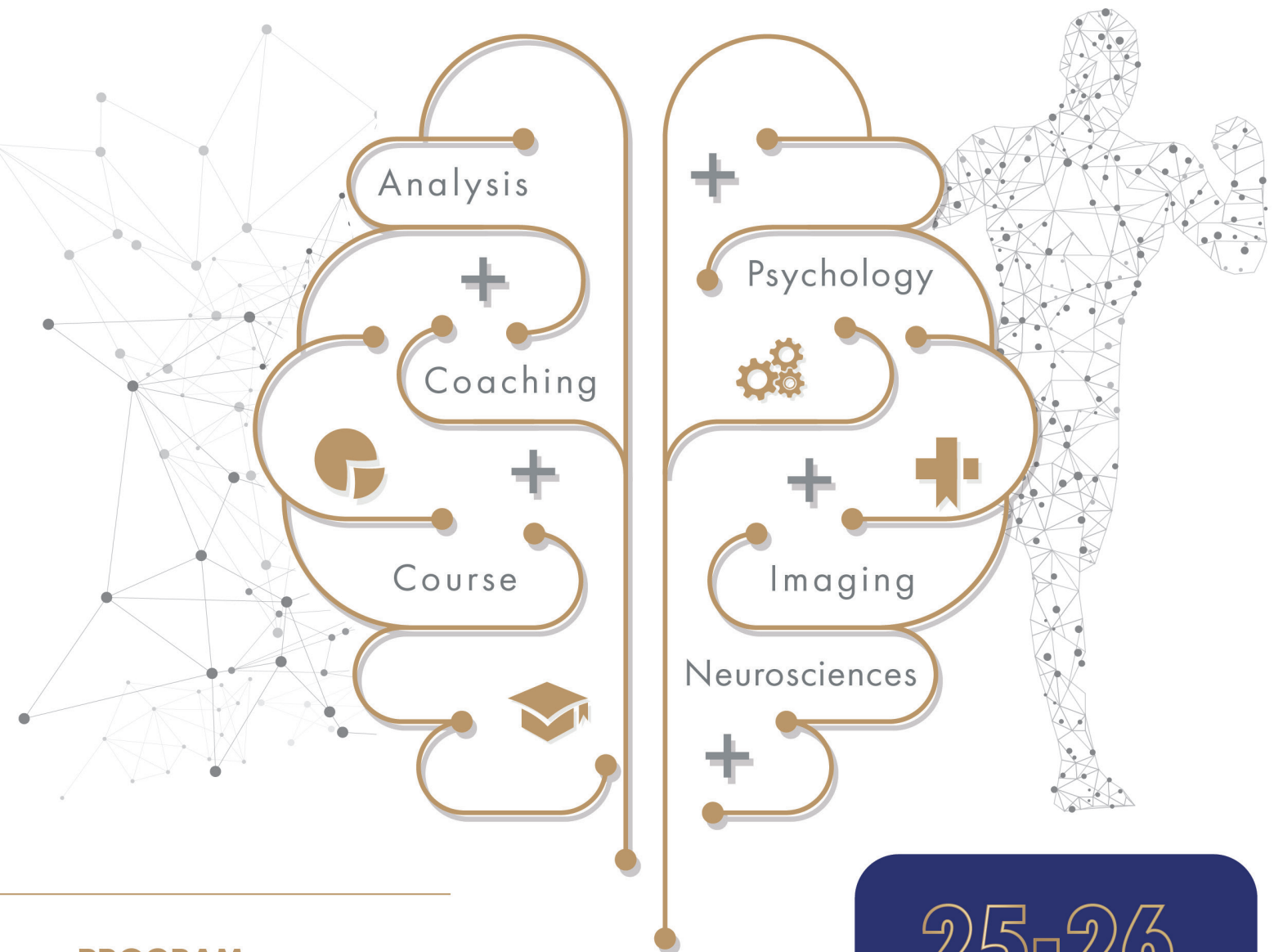




INTERNATIONAL CONFERENCE

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

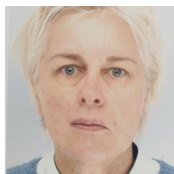
11, avenue du Tremblay - 75012 Paris
Registration required

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SESSION 4: THE EVOLUTION OF SPORT PERFORMANCE TOOLS

(26 NOVEMBER 2021 FROM 2:00 PM TO 5:30 PM)



Claire Calmels PhD

Researcher in sports performance neuroscience at the French Institute of Sport (INSEP)

An evolution in support tools for sports performance



Koen De Brandt PhD

Assistant professor and post-doctoral researcher at the Vrije Universiteit Brussel

Dual career tools: the evolution of sport performance support tools



Chris Harwood PhD

Professor of sport psychology at the Loughborough University

The 5Cs Approach



Tanja Kajtna PhD

Psychologist at the University of Ljubljana

Take care of your coach: program for the psychological wellbeing of coaches



Daniel Gould PhD

Director of the Institute for the Study of Youth Sports and professor of applied sport psychology and kinesiology at the Michigan State University

Coaching Generation Z athletes



Daniel Birrer PhD

Head of the sport psychology department at the Swiss Federal Institute of Sport Magglingen

Acceptance Commitment Therapy (ACT)

Institut National du Sport, de l'Expertise et de la Performance (INSEP)
11, Avenue du Tremblay – 75012 Paris

Contact : international@insep.fr - rgi@insep.fr