



KVIETIMAS

Kovo 19 d., ketvirtadienį, 10.00 – 13.00 val. Lietuvos olimpiniam sporto centre (Ozo g. 39B, Vilnius) organizuojamas praktinis sporto psichologijos seminaras tema „Savireguliacija siekiant geresnio pasirodymo veikiant įtampai“ (angl. „Self-regulation to optimize performance under pressure“).

Lektorius – Dr. Xavier Sanchez, Kumbrijos (D. Britanija) universiteto dėstytojas, licencijuotas sporto psichologas D. Britanijoje, Olandijos sporto psichologijos asociacijos narys. Dr. X. Sanchezo profesinio domėjimosi sritys: pasirodymas ir savireguliacija (motyvacija, emocijos) streso sąlygomis, rizika ir ekstremalios sporto šakos, psichologiniai veiksniai, susiję su sportiniu laipiojimu, tarpkultūrinių bendruomenių sportas ir integracija, sportinės karjeros etapai ir užbaigimas.

Seminare taip pat dalyvaus **prof. Paul Wylleman** – sporto psichologas praktikas, dirbantis su Belgijos ir Olandijos didelio meistriškumo sportininkais bei olimpiečiais, Briuselio (Belgija) Vrije universiteto dėstytojas. Europos sporto psichologijos federacijos prezidentas.

Seminaras skirtas įvairių sporto šakų treneriams ir vyks **anglų kalba!**

Kviečiame dalyvauti! Būtina registracija, vietų skaičius ribotas!

Daugiau informacijos ir registracija - el.paštu lina@ltok.lt (Lina Vaisetaitė)



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Kovo 21 d., šeštadienį, 15.00 – 18.00 val. Lietuvos olimpiame sporto centre (Ozo g. 39B, Vilnius) vyks praktinis sporto psichologijos seminaras-diskusija „Sporto psichologija - šiuolaikinių sportininkų ir trenerių įrankis“.

Seminarą ves užsienio lektoriai. Seminaras skirtas treneriams ir sporto psichologams bei vyks **anglų kalba**.

Seminaro formatas: teminės diskusijos mažose grupelėse. Dalyviai galės diskutuoti juos dominančiomis temomis.

Lektoriai:

Paul Wylleman (Belgija) – sporto psichologas praktikas, dėstytojas ir tyrėjas, dirbantis su Belgijos ir Olandijos olimpiečiais, Europos sporto psichologijos federacijos prezidentas.

Xavier Sanchez (Ispanija) – sporto psichologas praktikas ir dėstytojas, besidomintis sportiniu pasirodymu veikiant įtampai, ekstremaliomis sporto šakomis ir įvairiais sportinės karjeros etapais.

Markus Raab (Vokietija) – sporto psichologas tyrėjas, besidomintis sprendimų priėmimo psichologiniais veiksniais, motorinių veiksmų ir kognityvinių procesų ryšiais.

Nadine Debois (Prancūzija) – sporto psichologė praktikė, dirbanti Prancūzijos didelio meistriškumo sportininkų rengimo centre, besidominti įvairiais sportinės karjeros etapais.

Antonis Hatzigeorgiadis (Graikija) – sporto psichologijos dėstytojas ir tyrėjas, labiausiai besidomintis vidine kalba, nerimo ir jo įveikos klausimais.

Anne-Marie Elbe (Vokietija) – sporto psichologė dėstytoja ir praktikė, dirbusi su Vokietijos lengvosios atletikos rinktine, besidominti talentingų sportininkų ugdymo psichologiniais klausimais, taip pat dopingo ir antidopingo psichologija.

Caroline Jannes (Belgija) – sporto psichologė praktikė, dirbanti su įvairių sporto šakų Belgijos sportininkais.

Alberto Cei (Italija) – sporto psichologas, dirbantis su komandomis ir organizacijomis, konsultavęs įvairių sporto šakų olimpiinių žaidynių dalyvius, kelių knygų autorius.

(Platesni lektorių aprašymai anglų kalba pridedami).

Kviečiame dalyvauti! Būtina registracija, vietų skaičius ribotas!

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Kovo 21 d. seminare dalyvausiančių lektorių aprašymai:

Paul Wylleman: besides his research works as a sport psychological consultant and accredited sport psychologist for several organisations and different athletes. Main topics: Applied Sport Psychology (at the Olympics), career.

Xavier Sanchez: Xavier Sanchez is both a doctor (PhD) in Psychological Sciences for the University of Louvain (Belgium) and a Chartered Psychologist (CPsychol: Sport & Exercise Psychology) by the British Psychological Society (BPS). He possesses psychology and sport psychology degrees and has international (Netherlands, UK, Belgium, France, Spain) and multidisciplinary (psychology, sport sciences) experience in Higher Education (teaching, research) and the sport arena (psychology services delivery). Teaching at under- and post-graduate cohorts: emotion/motivation regulation and pressure performance; seminars/workshops in publishing in scientific journals; coaches/athletes and sport-related federations, e.g., workshops/seminars, in self-regulation and performing under pressure, performance optimisation. Other talks I have delivered to either students or sport-related delegates include: Performing well when it really matters; Research and practice in sport psychology: sport climbing as a case-example; Tactics and strategies; Delivering sport psychology services.

Markus Raab(GSU) is Head of the Institute of Psychology at the German Sport University and Head of the Performance Psychology Department. Additionally, he is Research Professor of Psychology at London South Bank University, UK. The main focus of the research programme in performance psychology is on **judgement and decision making** in sports, health and peak performance. He favours a **simple heuristic** approach and an **embodied cognition** approach to understanding the interaction of sensorimotor and cognitive behaviour from a psychological perspective. Prof. Raab has about 80 scientific publications in well to highly ranked journals, was awarded by European and international scientific associations and has supervised 10 PhDs in graduate schools or in individual supervision.

Nadine Debois is qualified in both Sport Psychology Sciences (PhD) and in Sport Teaching (Agrégation in Sport and Exercise) and is a former elite athlete (Olympic Finalist). She is currently a researcher in sport psychology at the Research Department of the French National Institute of Sport, Expertise and Performance (INSEP) in Paris, France. Her research interests focus on **lifestyle management, career development**, and career transitions in elite sport. Besides her research Nadine provides seminars and lectures in sport psychology in initial and continuing education for coaches and works as a sport psychology consultant in elite sport. She is a member of the Board of the French Society of Sport Psychology (SFPS), for which she was President from 2008 to 2011. She is also a member of the FAST (Forum for Applied Sport Psychologists in Top-Sport) European group since 2004.

Antonis Hatzigeorgiadis is an Assistant Professor at the Department of Physical Education and Sport Sciences of the University of Thessaly. He received his first degree in Physical Education and Sport Sciences at the Democritus University of Thrace and an MSc in Sport and Exercise Psychology at the University of Exeter. Supported by a scholarship for doctoral studies by the Hellenic State Scholarships Foundation he completed his PhD at Loughborough University. He was awarded FEPSAC's Young Investigator's Award in the 1999 congress. In 2003 Antonis was appointed Lecturer at the Department of Physical Education and Sport Sciences at the University of Thessaly and became Assistant Professor in 2008. His research involves issues within the sport psychology field with particular interest in cognitive processes. More specifically, his research mainly focuses on anxiety, coping and **self-talk**. He is currently secretary general of the Managing Council of the Hellenic Society of Sport Psychology.

Anne-Marie Elbe is an associate professor for sport psychology at the University of Copenhagen, Denmark. Her previous posts were at Northumbria University, Newcastle in the UK and at the University of Potsdam, Germany. She received her PhD from the Free University in Berlin, Germany in 2001. Her publications and research interests focus on **talent development**, motivational and self-regulatory aspects of athletic



performance, recovery, sport psychological diagnostics, cross-cultural comparisons and **doping**. Besides her research Anne-Marie has worked as a sport psychological consultant for several organizations and different athletes. She was sport psychological consultant for the German Track and Field Association from 2001-2007. Anne-Marie is Vice-President of FEPSAC and editor for the Zeitschrift für Sportpsychologie and the International Journal of Sport and Exercise Psychology. She is member of the German association for sport psychology (asp) and the Danish forum for sport psychology (DIFO).

Caroline Jannes is a Belgian **applied sport psychologist** working at Psy4Sport and at the Center for Sport Medicine (Ghent University Hospital), and collaborating with several sports federations (Flemish Track and Field Association, Flemish Yachting Association, Belgian Bowling Federation).

Alberto Cei is a psychologist, professionally licensed in Clinical Psychology. He has been consulting to corporations, sport professional teams and top level athletes since 1982. He works on programs to coach individuals and groups working in high stress and competitive contexts to **perform to their optimal levels**. His areas of intervention include the identification of the individual and interpersonal skills through a 360° approach, the promotion of an **effective leadership** and **team building**, the development of talents, and the readiness to cope with change. In the last 20 years he has worked with many Olympic medallists in different sports (volleyball, shooting, sailing, canoeing, fencing), professional football and volleyball teams, and top level referees. He has been a consultant for the Italian National Olympic Committee for 20 years, promoting tools to assess the Olympic athletes. He attended at the Olympic Games in Atlanta, Sydney, and Athens. Alberto Cei, along with Enhanced Performance Systems founded by Robert Nideffer, San Diego, USA, promotes systems in Europe to assess the attentional and interpersonal styles of top performers in business and sport, as well as individuals with high potential. He is the author of several books, including Mental Training, Coaching to the New Challenges, and The Shooter Mental Preparation, which present specific programs to enhance the performances in pursuing excellence in sport and business.