



# Performance Psychology: A Practitioner's Guide, 1e

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Performance Psychology: A Practitioner's Guide is a comprehensive, evidence-based text covering the key aspects of performance culture: performer development, preparation, training and execution. Written by a team of international contributors, including national coaches, training specialists, applied sports psychologists, clinicians and researchers, and building on strong links between theory and practice, the book shows how applied psychological methods and principles can be used to enhance performance

Contributing authors offer clear implications for applied practice and each section is summarized by contributions from a 'Performers Panel' of experts who provide real-life practical examples. Performance psychology is applied to a wide variety of physical performance domains which enables practitioners to see how they can combine ideas and tailor interventions, to people and contexts, to produce effective applications of psychology.

Dave Collins is Professor of Performance and Coaching/Director for the Institute of Coaching and Performance at the University of Central Lancashire. As a practitioner, he has worked with over 50 World and Olympic medalists, and in professional performance domains spanning sport, business, motor sport, music, dance and adventure. He was formerly Performance Director of UK Athletics, a rugby player, martial artist and OE instructor. Dave currently works with the Chelsea FC Football Academy, amongst other consultancies.

Angela Button is a researcher at the University of Otago and is widely acknowledged as a world expert on talent. Angela has led funded research projects in talent development in the UK and New Zealand. Her sporting interests include squash, running and triathlon.

Hugh Richards lectures and is Director of post-graduate programmes in Performance Psychology at the University of Edinburgh. He has published in the areas of coping, talent, individual differences and professional development related to sport, the military and music. Hugh has applied psychology to professional performers from international level sport to business. He currently works with the UK Motor Sport Association, international performer development schemes and has been advisor to the BBC on learning and performance.

- Strong links between theory and practice - a panel of top performers conclude each section with an overview, providing real-life practical examples in addition to the case studies included in each chapter.
- Holistic approach allows students to see how they can combine different approaches to address a problem.
- Written by a team of international contributors including national team coaches, sports psychologists and academics.

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