

Nov 21 High Performance Speaker Series - Invermere, BC

**Building Routines around Mental Performance Training**

*With Canadian Para Alpine Ski Teams:* Head Coach Will Marshall & Mental Performance Coach Stuart Munro

Profile:

Question:	Will	Stuart
Big Events	2033 Beijing Paralympics 2018 Pyeongchang Paralympics 2023 Esport World Champs 2022 Lillehammer World Champs 2019 Selle Nevea World Champs 2017 Tarvisio World Champs	2023-Present CFAST Mental Performance Coach
Career Timeline	2022-Present CFAST Head Coach 2015-2022 CFAST World Cup 2014+ Alpine Canada Mens and Womens Team Coach Ups Coached in NZ Team Pano as a teen	High Performance Psychologist working with Elite Athletes at National, Provincial and Local Levels  15 years Ski Coaching with Windemere Valley Ski Club  2000's: Semi Pro rugby player in France
Where you are From/Where you live	Born in England – Raised in Panorama, BC	From Scotland and live in the UK 15 seasons in Pano
Certs/Education	Performance Level – Certified Pursuit 18 Canada Lead Prog	Registered Psychologist with British Psychological Society MSc in Sport & Exercise Psychology MSc in Business Management BSc with Honours Psychology
Fun Facts	Doesn't think he is very fun	Hold Record for skiing all of Taynton Bowl Ridge in 1 day (10 runs)!
Quote	Pressure is a privledge It means that you've put yourself in a position that matters and will push to work as hard as you can. "I love being in a room of people seeking pressure and putting themselves in vulnerable positions to win or lose something that is important to them"	<a href="http://www.minds2perform.com">www,minds2perform.com</a> "What am I doing today that will serve me well tomorrow?"