



## **DR. JUDY GOSS**

Judy Goss, PhD is a Certified Mental Performance Consultant®, who works with National and Olympic/Paralympic Team members including athletes from Skate Canada, Wrestling Canada, Athletics Canada, Swim Ontario, Skate Ontario and Ontario Cycling.

Judy received her PhD in Sport Psychology from the University of Maryland. She has served as the Mental Performance Lead for the National Sport Science and Sport Medicine Advisory Committee for Own the Podium and was the Mental Performance Lead at the Canadian Sport Institute Ontario for almost 2 decades.

Judy maintains a private practice working with athletes and coaches from a wide variety of sports as well as National and Provincial Sport Organizations. She has written numerous articles and presented at national and international conferences. Her work with athletes and coaches focuses on performance enhancement, performance under pressure and building resiliency. She takes an educational approach so that athletes and coaches understand the theoretical concepts as well as developing the skills and strategies to integrate into their daily training and competitive experiences.