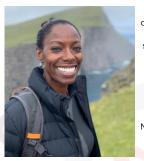# NICOLE FORRESTER

Nicole is a mental performance consultant and an assistant professor at Toronto Metropolitan University specializing in the achievement of high performance, including understanding the psychosocial factors separating good performers from great performers. She holds a doctoral degree in sport psychology from Michigan State University, as well as a Master of Education from the University of Texas, and Bachelors of Arts and Science from the University of Michigan.

Nicole is also an Olympian, and an 8-time Canadian Champion in the high jump. As a member of 20 national teams for Athletics Canada, she amassed various major games medals including a gold and bronze medal at the Commonwealth Games, and a silver and bronze medal at the Pan American Games. She holds the Canadian National Championship and Olympic Trials Record, as well as the Big Ten indoor and outdoor record. In 2014 she was inducted into the University of Michigan's Women's Track & Field Hall of Fame.

She is passionate about improving the culture of sport in Canada and to this end is an ambassador for various organizati++++ons. She has sat on various boards and committees including, but not limited to, Commonwealth Games Federation, Commonwealth Games Canada, AthletesCAN, the Canadian Sports Institute Ontario, TO2015 Pan American Games, and the Canadian Olympic Committee, including as an athlete commission member.