

DANIELLE CORMIER, PH.D.

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EDUCATION & TRAINING

Izaak Walton Killam Postdoctoral Fellow September 2023-Present

Faculty of Kinesiology, Sport, and Recreation; University of Alberta

- *Project Title:* Supporting self-identified girls and women in sport– The impact of a self-compassion intervention on the sport experiences of youth athletes, sport parents, and coaches
- *Supervisor:* Dr. Amber Mosewich

Doctor of Philosophy September 2018-August 2023

College of Kinesiology; University of Saskatchewan

- *Dissertation Title:* Understanding the role of grit in competitive sport
- *Supervisor:* Dr. Kent Kowalski
- *Percentage Grade:* 95.25/100%
- *Courses:* Psychosocial Aspects of Health and Exercise Behaviour (KIN 830), Univariate Statistics (KIN 808), Multivariate Statistics (PSY 807), Mental Training for Sport and Physical Activity (KIN 431), Theory of Educational and Psychological Measurement (EPSE 843)

Master of Arts in Sport Psychology September 2016-August 2018

Faculty of Kinesiology, Sport, and Recreation; University of Alberta

- *Thesis:* Examining the domain-specificity of grit in intercollegiate student athletes
- *Supervisor:* Dr. John Dunn
- *Grade Point Average:* 3.8/4.0
- *Courses:* Qualitative Research Methods in Education (EDEL 665), Quantitative Research Methodology (PERLS 580), Positive Youth Development Through Sport (PEDS 541), Psychosocial Dimensions of Athletic Behaviour in Competitive Sport (PEDS 544)

Bachelor of Arts in Psychology September 2011-June 2016

Faculty of Arts; University of Alberta

- *Minor:* Physical Sciences
- Cooperative Work Experience Program in Psychology

SELECT SCHOLARSHIPS AND AWARDS

University of Alberta Izaak Walton Killam Postdoctoral Fellowship (\$104,000)	2023-25
Canadian Association for Graduate Studies Distinguished Dissertation Award (nominee)	2024
MITACS Elevate Postdoctoral Fellowship (\$120,000 offered)	2023-24
SSHRC Doctoral Fellowship (\$60,000)	2021-23
Teacher Scholar Doctoral Fellowship (\$21,000 offered)	2021-22
University of Saskatchewan Dean's Scholarship (\$66,000)	2018-21
Alberta Graduate Student Scholarship (\$3,000)	2018
Brain Products MoBI Award (\$20,000)	2018
Tevie Miller Involvement Award (\$1,000)	2016
Crystal Marr Memorial Award (\$1,000)	2015

RESEARCH CONTRIBUTIONS - PUBLICATIONS

Refereed Journal Articles:

- Cormier, D. L., Jørgensen, H., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., & Kowalski, K. C. (2024). Constructing a grounded theory of grit in sport: Understanding the development and outcomes of long-term passion and perseverance in competitive athletes. *Qualitative Research in Sport, Exercise and Health*. Advanced online publication. <https://doi.org/10.1080/2159676X.2024.2432653>
- Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., Dunn, J. G. H., & Kowalski, K. C. (2024). Grit in sport: A scoping review. *International Review of Sport and Exercise Psychology*, 17(1), 1-38. <https://doi.org/10.1080/1750984X.2021.1934887>
- Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., Mosewich, A. D., Kowalski, K. C. (2024). A quantitative assessment of the predictive utility of grit in sport. *Psychology of Sport & Exercise*, 70, Article 102540. <https://doi.org/10.1016/j.psychsport.2023.102540>
- Reis, N. A., Cormier, D. L., Mosewich, A. D., Ferguson, L. J., Lawson, K. L., & Kowalski, K. C. (2024). Examining the feasibility of a self-compassion intervention in competitive men athletes. *Sport Psychology in Action*, 15(4), 274-286. <https://doi.org/10.1080/21520704.2023.2284966>
- Cormier, D. L., Kowalski, K. C., Ferguson, L. J., Mosewich, A. D., McHugh, T.-L., Röthlin, P. (2023). Self-compassion in sport: A scoping review. *International Review of Sport and Exercise Psychology*. Advanced online publication. <https://doi.org/10.1080/1750984X.2022.2161064>
- Johnson, K. L., Cormier, D. L., Kowalski, K. C. & Mosewich, A. D. (2023). Exploring the relationship between mental toughness and self-compassion in the context of sport injury. *Journal of Sport Rehabilitation*, 32(3), 256-264. <https://doi.org/10.1123/jsr.2022-0100>
- Alipour Atabaadi, Y., Cormier, D. L., Kowalski, K. C., Oates, A. R., Ferguson, L. J., & Lanovaz, J. L. (2022). The associations among self-compassion, self-esteem, self-criticism, and concern over mistakes in response to biomechanical feedback in athletes. *Frontiers in Sports and Active Living*, 4, Article 868576. <https://doi.org/10.3389/fspor.2022.868576>
- Dunn, J. G. H., Cormier, D. L., Kono, S., Causgrove Dunn, J., & Rumbold, J. L. (2021). Perfectionism and grit in competitive sport. *Journal of Sport Behavior*, 44(2), 199-223.
- Cormier, D. L., Dunn, J. G. H., & Causgrove Dunn, J. (2019). Examining the domain specificity of grit. *Personality and Individual Differences*, 139, 349-354. <https://doi.org/10.1016/j.paid.2018.11.026>
- Scanlon, J. E. M., Cormier, D. L., Townsend, K. A., Kuziek, J. W. P., Mathewson, K. E. (2019). The ecological cocktail party: Measuring brain activity during an auditory oddball task with background noise. *Psychophysiology*, 56(1), Article e13435. <https://doi.org/10.1111/psyp.13435>
- Scanlon, J. E. M., Townsend, K. A., Cormier, D. L., Kuziek, J. W. P., & Mathewson, K. E. (2019). Taking off the training wheels: Measuring brain activity during outdoor cycling using an active wet EEG system. *Brain Research*, 1716, 50-61. <https://doi.org/10.1016/j.brainres.2017.12.010>

Book Chapters:

- Ferguson, L. J., Kowalski, K. C., Cormier, D. L., & Eke, A. O. (2023). Perfectionism in sport, exercise and dance: A compassion-based perspective. In A. Hill (Ed.) *The Psychology of Perfectionism in Sport, Dance, and Exercise* (2nd ed.). Routledge.
- Reis, N. A., Sick, K., Huellemann, K. L., Sereda, B. J., Cormier, D. L., & Eke, A. O. (2024) Self-compassion: Supporting yourself with as you navigate new challenges. In K. R. Rossetto & E. M. Martin (Eds.) *Journey into College and Career: Cultivating Resilience Among Challenges*. Kendall Hunt Publishing.

Refereed Abstracts:

- Cormier, D. L., & Mosewich, A. D. (2025). Supporting self-identified girls in sport: Assessing the feasibility of a self-compassion intervention. *Journal of Sport and Exercise Psychology*, 47(S1). [Conference presentation]. <https://doi.org/10.1123/jsep.2025-0094>

- Cormier, D. L., & Mosewich, A. D. (2025). Identity and well-being in sport: Gendered understandings from self-identified girl and women youth athletes. [Conference presentation]. *Journal of Sport and Exercise Psychology*, 47(S1). <https://doi.org/10.1123/jsep.2025-0094>
- Mosewich, A. D., Cormier, D. L., Sereda, B. J., Döbert, T. F., & Carriere, L. (2025). Psychological resilience during a 30 day ultra-endurance cycling expedition. [Conference poster]. *Journal of Sport and Exercise Psychology*, 47(S1). <https://doi.org/10.1123/jsep.2025-0094>
- Mazur, P. M., Lopez Lamas, J. E., Cormier, D. L., Noton, E., & Mosewich, A. D. (2025). Embodied self-compassion: A mixed methods exploration and assessment of a self-compassion intervention in a movement-based learning environment. [Conference presentation]. *Journal of Sport and Exercise Psychology*, 47(S1). <https://doi.org/10.1123/jsep.2025-0094>
- Cormier, D. L., & Mosewich, A. D. (2024). "They're watching. I have to be perfect. I can't do anything wrong": Understanding the barriers and facilitators to sport amongst self-identified girl and women athletes. [Conference presentation]. *Journal of Exercise, Movement, and Sport*, 55(1). <https://www.scapps.org/jems/index.php/1/article/view/3534>
- Lopez Lamas, J. E., Cormier, D. L., & Mosewich, A. D. (2024). Supporting psychological well-being and personal development in student-athletes: An examination of self-compassion and psychological flexibility [Conference poster]. *Journal of Exercise, Movement, and Sport*, 55(1). <https://www.scapps.org/jems/index.php/1/article/view/3570>
- Kowalski, K. C., Cormier, D. L., Ferguson, L. J., & Eke, A. O. (2024). Applying self-compassion to perfectionism in sport. [Poster presentation]. 17th European Congress of Sport and Exercise Psychology, Innsbruck, Austria.
- Kowalski, K. C., Adam, M., Ceccarelli, L., Cormier, D. L., & Strachan, S. (2024). What are the biggest critiques of self-compassion in sport research? [Symposium presentation]. 17th European Congress of Sport and Exercise Psychology, Innsbruck, Austria.
- McHugh, T.-L., Cormier, D. L., Mosewich, A. D., Ferguson, L. J., & Kowalski, K. C. (2024). What is the current state of self-compassion in sport research? [Symposium presentation]. 17th European Congress of Sport and Exercise Psychology, Innsbruck, Austria.
- Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., & Kowalski, K. C. (2023a). If you love something that much, you're willing to get through the obstacles": A grounded theory of grit in competitive sport [Conference presentation]. *Journal of Exercise, Movement, and Sport*, 54(1). <https://scapps.org/jems/index.php/1/article/view/3033>
- Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., Mosewich, A. D., & Kowalski, K. C. (2023b). The Goldilocks principle: Does self-compassion impact athlete well-being and performance beyond traditional psychological determinants of success? [Conference poster]. *Journal of Sport and Exercise Psychology*, 45(S1). <https://doi.org/10.1123/jsep.2023-0077>
- Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., Mosewich, A. D., & Kowalski, K. C. (2023c). When the gritting gets tough: Examining the predictive utility of grit in sport. [Conference presentation]. *Journal of Sport and Exercise Psychology*, 45(S1). <https://doi.org/10.1123/jsep.2023-0077>
- Cormier, D. L., Kowalski, K. C., Ferguson, L. J., Mosewich, A. D., McHugh, T.-L. F., & Röthlin, P. (2022a). "No stone left unturned": Collegiate-level coaches' perspectives on self-compassion in sport [Conference poster]. *Journal of Exercise, Movement, and Sport*, 53(1). <https://www.scapps.org/jems/index.php/1/article/view/2776>
- Cormier, D. L., Kowalski, K. C., Ferguson, L. J., Mosewich, A. D., McHugh, T.-L. F., & Röthlin, P. (2022b). A scoping review of self-compassion in sport [Conference presentation]. *Journal of Exercise, Movement, and Sport*, 53(1). <https://www.scapps.org/jems/index.php/1/article/view/2777>
- Cormier, D. L., Alipour Atabaadi, Y., Kowalski, K. C., Oates, A. R., Ferguson, L. J., & Lanovaz, J. L. (2022). How did I do? The role of self-compassion in athletes' responses to performance feedback [Conference

presentation]. *Journal of Sport and Exercise Psychology*. 44(S1). <https://doi.org/10.1123/jsep.2022-0071>

Johnson, K. L., Cormier, D. L., Kowalski, K. C. (2021). Finding strength in love: A mixed methods approach to explore the relationship between mental toughness and self-compassion during athletic injury [Conference poster]. *Journal of Exercise, Movement, and Sport*, 52(1). <https://www.scapps.org/jems/index.php/1/article/view/2591>

Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., Dunn, J. G. H., & Kowalski, K. C. (2021). A scoping review of grit in sport [Conference presentation]. *Journal of Sport and Exercise Psychology*, 43(S1). <https://doi.org/10.1123/jsep.2021-0103>

Cormier, D. L., Dunn, J. G. H., Causgrove Dunn, J., & Rumbold, J. L. (2019). Grit and perfectionism in intercollegiate athletes [Conference presentation]. *Journal of Exercise, Movement, and Sport*, 51(1). <https://www.scapps.org/jems/index.php/1/article/view/2307>

Dunn, J. G. H., Cormier, D. L., & Causgrove Dunn, J. (2018). Grit: A domain-general or domain-specific construct? [Conference presentation]. *Journal of Sport Sciences*, 36(Suppl. 1), 9. <https://doi.org/10.1080/02640414.2018.1521633>

Cormier, D. L., Dunn, J. G. H., & Causgrove Dunn, J. (2018). Incremental validity evidence supporting the domain-specific conceptualization and measurement of grit in intercollegiate student-athletes [Conference poster]. *Journal of Exercise, Movement, and Sport*, 50(1). <https://www.scapps.org/jems/index.php/1/article/view/1812>

Forthcoming Contributions:

Cormier, D. L., Lopez Lamas, J., & Mosewich, A. D. (under review at *Journal for Advancing Sport Psychology in Research*). Supporting psychological well-being and personal development in student-athletes: An examination of self-compassion and psychological flexibility

RESEARCH CONTRIBUTIONS – ACADEMIC PRESENTATIONS

Invited Presentations:

Cormier, D. L. (September, 2021). *How to be a high-performance medical student* [Presentation]. University of Saskatchewan, College of Medicine, Saskatoon, SK, Canada.

Cormier, D. L., Hanson, W., Danyluk, T. & Mosewich, A. D. (May, 2019). *Analyzing grit* [Presentation]. Sport Conference, Edmonton, AB, Canada.

Conference Presentations:

Scanlon, J. E. M., Cormier, D. L., Townsend, K. A., Kuziek, J. W. P., & Mathewson, K. E. (May, 2017). *The ecological cocktail party: Measuring brain activity while filtering out background noise* [Conference session]. Banff Annual Seminar in Cognitive Science, Banff, AB, Canada.

Bertrand, J. K., Wispinski, N. J., Cormier, D. L., Singhal, A., Mathewson, K. E., & Chapman, C. S. (November, 2016). *Discrimination of brightness biased by flicker rate in alpha frequency range* [Poster presentation]. Society for Neuroscience Conference, San Diego, CA, USA.

Scanlon, J. E. M., Kuziek, J. W. P., Cormier, D. L., Townsend, K. A., & Mathewson, K. E. (June, 2016). *Taking off the training wheels: Measuring brain activity during outdoor cycling using an active wet EEG system* [Poster presentation]. Canadian Society for Brain, Behaviour & Cognitive Science Conference, Ottawa, ON, Canada.

Cormier, D. L., Bertrand, J. K., Singhal, A., Wispinski, N. J., Mathewson, K. E., & Chapman, C. S. (March, 2016). *Flicker and fade: A modern investigation of the Brücke effect using two stimuli* [Poster presentation]. Faculty of Physical Education and Recreation Undergraduate Research Revealed, Edmonton, AB, Canada.

Scanlon, J. E. M., Townsend, K. A., Cormier, D. L., Kuziek, J. W. P., & Mathewson, K. E. (February, 2016). *Taking off the training wheels: Measuring brain activity during outdoor cycling using an active wet EEG system* [Conference session]. Canadian Spring Conference on Behaviour and Brain, Fernie, BC, Canada.

RESEARCH GRANTS

Mosewich, A. D., Cormier, D. L., Lopez Lamas, J., & Mazur, P. (2024). *Embodied self-compassion: A mixed methods exploration and assessment of a self-compassion intervention in a movement-based learning environment*. Awarded by the University of Alberta's President's Grant for the Creative and Performing Arts. \$10,000. Research collaborator.

Mosewich, A. D., & Cormier, D. L. (2024). *Examination of promotive factors of resilience during an ultra-endurance expedition: A mixed-methods study*. Awarded by the University of Alberta's Endowment Fund for the Future: Support for the Advancement of Scholarship. \$8,000. Research collaborator.

TEACHING EXPERIENCE

Assistant Teaching Professor

July 2025-Present

University of Alberta; Faculty of Kinesiology, Sport, and Recreation

- Coordinated the Master of Coaching (MCoach) program, including student mentorship, field placement supervision, and capstone project oversight.
- Supervised graduate student research projects and engaged in collaborative scholarship related to coaching practice and athlete development.
- Taught and designed evidence-based, inclusive coaching curriculum for undergraduate and graduate students across multiple kinesiology and sport coaching courses.
- Integrated equity, diversity, inclusion, and decolonization principles into curriculum design, teaching practice, and student mentorship.
- Course titles:
 - Introduction to the Profession of Coaching (KIN 245; Fall 2025)
 - Principles of Performance: Programming and Pedagogy (KSR 576; Winter 2026)
 - Coaching Practicum (KSR 572; Fall 2025 and Winter 2026)
 - Directed Research Project (KSR 900; Fall 2025 and Winter 2026)
 - Life, Leisure, and the Pursuit of Happiness (RLS 100; Fall 2025)
 - Psychological Dimensions of Health Promotion (HE ED 321; Spring 2026)

Assistant Lecturer

September 2023-June 2025

University of Alberta; Faculty of Kinesiology, Sport, and Recreation

- Fostered a dynamic and inclusive learning environment that encouraged student participation and critical thinking by delivering engaging lectures (three 50-minute lectures per week) and facilitating thought-provoking discussions
- Managed large class sizes of over 200 students
- Developed and assessed course materials (including syllabi, assignments, and examinations) to ensure alignment with course objectives and promote students' comprehension of key concepts in the field of leisure studies
- Provided personalized academic guidance and support to students through regular office hours, offering constructive feedback on student progress and actively contributing to their overall academic growth and success in the course
- Received excellent course feedback from students (collected through UAlberta's Student Perspectives of Teaching questionnaire assessing course design, utility of course resources, graded work, course delivery, instructional approach, and class climate; 49-58% of students indicated

‘Strongly Agree’ for each of the aforementioned categories; 85-94% of students indicated either ‘Agree’ or ‘Strongly Agree’ for each of the aforementioned categories)

- Course titles:

- Life, Leisure, and the Pursuit of Happiness (RLS 100; Fall 2023 and 2024)
- Psychological Dimensions of Health Promotion (HE ED 321; Winter 2025 and Spring 2025)

Graduate Guest Lecturer

September 2018-August 2023

University of Saskatchewan & University of Alberta

- Mental Training for Sport and Physical Activity (KIN 431): One in-person lecture on the topic of Grit in Sport (March 2023)
- Ethics and Values in Sport and Physical Activity (KIN 432): One in-person lecture on the topic of Helping Without Harming (February 2023)
- Research Methods in Kinesiology (KIN 380): Two virtual asynchronous lectures on the topic of Knowledge Translation (Dec 2020), and one in-person lecture on the topic of Theory and Data Generation in Qualitative Research (Oct 2022)
- Research Methods and Design (PSY 235): Two in-person lectures on the topics of Descriptive and Inferential Statistics (Feb 2019)
- Qualitative Research in Psychology (PSY 236): One in-person lecture on the topic of Data Analysis and Representation: Phenomenology (Nov 2019)
- Social Behavioral Foundations of Physical Activity (KIN 122): One virtual synchronous lectures on the APA Formatting and Style Guide (Oct 2020), and one on Information and Physical Activity Promotion Initiatives (Feb 2021)
- Basics of Volleyball (PAC 137): Three in-person lectures on the topic of Volleyball Assessment: Essential Skills (March 2017; March 2018; June 2018)

Graduate Teaching Assistant

September 2016-April 2021

University of Saskatchewan & University of Alberta

- At the University of Saskatchewan, I served as a graduate teaching assistant for Ethics and Values in Sport and Physical Activity (KIN 432), Social Behavioral Foundations of Physical Activity (KIN 122), Theory of Pedagogy in a Physical Activity Setting (KIN 240)
- At the University of Alberta, I served as a graduate teaching assistant for the following classes: Statistics, Measurement, and Evaluation (KIN 109), Physical Activity and Sport for Children (KIN 338), and Assessment and Evaluation in Physical Activity for Children and Youth (PERLS 371)

APPLIED SPORT EXPERIENCE

Mental Performance Consultant

September 2020-Present

Sport Medicine and Science Council of Saskatchewan

- Provided over 300 hours of mental skills training coaching to high-performance athletes (i.e., men and women; ages 10 and up; from a variety of team and individual sports)
- Created and delivered both team and individual sessions with the goal of supporting athlete performance and well-being over the span of a competitive season and beyond
- Used effective knowledge translation to teach empirically supported skills to enhance pre-existing strengths, including athlete well-being, focus planning, team cohesion, grit, and activation control
- Created novel worksheets/forms/activities for athlete learning consolidation
- Collaborated with sport parents, sport coaches, and provincial sport bodies to deliver empirically informed sessions that were relevant to an athlete’s psychological progression in their sport

Volleyball Coach

September 2010-Present

Bishop James Mahoney High School, Sask Volleyball, Jasper Place High School, Volleyball Alberta, Pandas Volleyball Club, Ardrossan Junior Senior High School, NAIT Nooks Volleyball Club

- Mentored boys and girls from ages 8 to 18 under the supervision of several sporting bodies
- Winner of Saskatchewan 5A Provincial Championship silver (2019), Saskatchewan 5A Sportsmanship Award (2019), Saskatoon 5A City Championship gold (2018) and silver (2019), Volleyball Alberta Provincial silver (2018), Edmonton Div. 1 Metro City silver (2017), and Volleyball Canada National Division 3 Tier 3 gold (2016) medals

Mental Performance Consultant

October 2020-August 2023

VOGO Volleyball

- Created 20 online, asynchronous mental skills learning modules tailored for youth volleyball athletes (ages 13-15) and high performance volleyball athletes (ages 16-18)
- Researched mental skills topics, created storyboards/activities for each learning module, wrote scripts for each video, filmed and edited video, interacted with coaches and athletes as they moved through each learning module, collected feedback to improve overall athlete experience

COMMUNITY SERVICE

Peer Reviewer

Health Education Journal	2024
International Journal of Sport and Exercise Psychology	2020/2021/2023/2024
International Review of Sport and Exercise Psychology	2021
Journal of Happiness Studies	2020/2021
Journal of Issues in Intercollegiate Athletics	2022
Journal of Personality Assessment	2023
Journal of Sport & Exercise Psychology	2022
Journal of Sport Rehabilitation	2021/2022/2024
Leisure Sciences	2021/2022
Personality and Individual Differences	2021/2023
Psychology of Sport and Exercise	2021/2022/2024
Sociology of Sport Journal	2021
Sport, Exercise, and Performance Psychology	2023

Member of the Undergraduate Curriculum Review Group

September 2023-June 2025

University of Alberta Faculty of Kinesiology, Sport, and Recreation

- Participated in discussions among faculty members and administrators regarding the analysis and assessment of existing undergraduate curricula, identifying areas for improvement and innovation
- Engaged in collaborative efforts to develop and implement strategic recommendations for enhancing course offerings and aligning curriculum with academic standards and industry trends.

Grant Adjudicator

March 2024-April 2024

University of Alberta Undergraduate Research Initiative

- Evaluated undergraduate research proposals and projects based on established criteria, ensuring fairness, rigor, and consistency in the adjudication process.
- Provided constructive feedback and guidance to student researchers, facilitating their professional development, and enhancing the quality of their work.
- Contributed expertise and insights for students of diverse disciplinary backgrounds to promote interdisciplinary dialogue and broaden the scope of undergraduate research endeavors at the University of Alberta.

Diversity Standing Committee – Elected Chair

October 2022-June 2023

University of Saskatchewan Graduate Student Association

- Created a questionnaire to solicit the concerns and feedback from University of Saskatchewan graduate students regarding equity, diversity, and inclusion on campus
- Connected with other EDI initiatives on campus to consolidate resources and amplify the voices of graduate students
- Led monthly committee meetings and reported to the President of the GSA

Graduate Student Association Representative

August 2022-June 2023

University of Saskatchewan College of Kinesiology Graduate Society

- Became a ratified member of the University of Saskatchewan's GSA, and attended all GSA Council and General Meetings
- Established the concerns and consolidated feedback from CKGS and College of Kinesiology graduate students and communicated these to the University of Saskatchewan Graduate Student Association using appropriate channels

Verna J. Kirkness Program Volunteer

April 2022-May 2022

University of Saskatchewan's College of Kinesiology

- The Verna J. Kirkness Education Foundation Program aims to address the under-representation of First Nations, Métis and Inuit students at Canadian universities by providing academic role models for these students
- Created and led a 105-minute educational session for three Indigenous youth from across Western Canada

Social Coordinator

October 2016-September 2017

University of Alberta Physical Education and Recreation Graduate Student Society

- Created safe and fun spaces for PER graduate students and faculty to engage in self-care
- Managed large events hosted annually by the executive, such as the faculty wine and cheese party, hockey game, pub trivia night, etc.

Leadership Team

August 2013-September 2016

University of Alberta Peer Support Centre

- Trained in crisis intervention (30 hours), and provided supportive listening for UAlberta students
- Acted as a mentor to other volunteers with the University of Alberta's Peer Support Centre
- Trained and assessed the supportive listening and risk assessment skills of all volunteers
- Creation of a service-wide monthly newsletter, highlighting relevant research and self-care skills

PROFESSIONAL AFFILIATIONS

APA Division 47: Society for Sport, Exercise and Performance Psychology	2021-Present
American Psychology Association	2021-Present
Sport Medicine and Science Council of Saskatchewan	2020-Present
North American Society for the Psychology of Sport and Physical Activity	2020-Present
Canadian Sport Psychology Association: Student Member	2020-Present
Canadian Society for Psychomotor Learning and Sport Psychology	2018-Present
Volleyball Canada	2016-Present
Volleyball Alberta	2008-Present

PROFESSIONAL DEVELOPMENT

Teaching Matters (UAB KSR seminar series)

August 2023-May 2024

Foundations of Teaching (UAB CTL course)

September-November 2023

Introduction to Structural Equation Modeling (CenterStats course)	May 2022
Four Seasons of Reconciliation (USask short course)	December 2021
Indigenous Canada (UAlberta MOOC)	December 2021
Reflective Teaching Portfolio Course (USask CTL)	March 2020
Self-Compassion Workshop (led by Dr. Kristen Neff)	October 2019
Mediation and Moderation Analysis Techniques (SCAPPS workshop)	October 2019
NCCP Development Volleyball Coach in Training	January 2018
Building Working Relationships (Homewood Health)	August 2017
Session Planning (UAB CTL)	January 2017
How to Teach a Fish When You're a Penguin (UAB CTL)	January 2017
Teaching Assistantships: The Know-hows (UAB CTL)	October 2016
Communicating Across Silos: Interdisciplinary Conversations (UAB PERGSS)	September 2016
Standard First Aid and CPR-C Certification	June 2016
Tri-Council Policy Statement: CORE Certificate	September 2015
Working with LGBTQ Clients (led by Nicole Perry, Registered Psychologist)	May 2015
Diplôme d'Études en Langue Française (DELF)	March 2011
Volleyball Alberta Officials Certification	January 2010