

# DANIELLE CORMIER

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## EDUCATION

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### Doctor of Philosophy

September 2019-August 2023

University of Saskatchewan, Saskatoon, Saskatchewan

- Specialization: Sport Psychology
- Dissertation: Understanding the role of grit in competitive sport
- Supervisor: Dr. Kent Kowalski
- Funding: SSHRC Doctoral Fellowship, University of Saskatchewan Dean's Award
- 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 Sports Psychology

September 2016-August 2018

University of Alberta, Edmonton, 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 the Competitive Sport Environment (PEDS 544)

### Bachelor of Arts in Psychology

September 2011-June 2016

University of Alberta, Edmonton, Alberta

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

## RESEARCH CONTRIBUTIONS - PUBLICATIONS

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### Refereed Journal Articles:

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>

Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., Dunn, J. G. H., & Kowalski, K. C. (2021).

Grit in sport: A scoping review. *International Review of Sport and Exercise Psychology*. Advanced online publication. <https://doi.org/10.1080/1750984X.2021.1934887>

Dunn, J. G. H., Kono, S., Cormier, D. L., 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* (2<sup>nd</sup> ed.). *Routledge*.

### **Refereed Abstracts:**

- Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., Mosewich, A. D., & Kowalski, K. C. (2023). 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. (2023). 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. (2022). "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. (2022). 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:**

- Reis, N. A., Cormier, D. L., Mosewich, A. D., Ferguson, L. J., Lawson, K. L., & Kowalski, K. C. (under review at *Sport Psychology in Action*). Examining the feasibility of a self-compassion intervention in competitive men athletes.
- Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., Mosewich, A. D., Kowalski, K. C. (under review at *Psychology of Sport and Exercise*). Evaluating the predictive utility of grit for high performance athletes.
- Reis, N. A., Cormier, D. L., Sick, K., Huellemann, K. L., Sereda, B. J., & Eke, A. (book chapter in preparation for *Journey into College and Career: Cultivating Resilience Among Challenges*). Self-compassion: Supporting yourself with kindness and understanding as you navigate new challenges.
- Cormier, D. L., Ferguson, L. J., Gyurcsik, N. C., Briere, J. L., & Kowalski, K. C. (in preparation for the *Journal of Sport and Exercise Psychology*). A grounded theory of grit in sport.

### **RESEARCH CONTRIBUTIONS - PRESENTATIONS**

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#### **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 EXPERIENCE

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### **Postdoctoral Research Fellow**

September 2023-Present

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

- Funding: Izaak Walton Killam Memorial Postdoctoral Fellow
- Supervisor: Dr. Amber Mosewich
- My research focuses on the psychological and social factors that influence athletes' sustained participation in sport, and the individual differences that shape athletes' thoughts, emotions, and behaviors over time.
- Using mixed methodologies, my research project explores the impact of a self-compassion intervention on self-identified girls' experiences and participation in sport.
- By investigating these constructs, I aim to answer the call made by many sport organizations to build a more equitable sport system for self-identified girls and women. My work aims to shed light on the psychological and social mechanisms that enhance self-identified girls' positive experiences, optimal performance, and holistic development in sport.

### **Doctor of Philosophy**

September 2018-August 2023

School of Kinesiology, University of Saskatchewan

- Committee: Dr. Kent Kowalski, Dr. Leah Ferguson, Dr. Nancy Gyurcsik, and Dr. Jennifer Briere
- Examined three major research questions: (1) What literature exists that examines the construct of grit in sport, (2) is sport-specific grit empirically distinct from similar determinants of success when predicting performance and well-being in athletes, and (3) an exploration of the processes that shape grit in sport and the outcomes of being gritty in sport using grounded theory
- Involved in study conceptualization, literature review, hypothesis development, research design, data collection, data analysis, and the oral and written presentation of all findings

### **Thesis-Based Master of Arts**

September 2016-August 2018

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

- Committee: Dr. John Dunn and Dr. Janice Causgrove Dunn
- Examined whether grit should be conceptualized and measured as a domain-specific construct using incremental validity evidence to determine if domain-specific measures of grit could explain variance in domain-matched achievement-related criterion variables in intercollegiate athletes
- Involved in study conceptualization, literature review, hypothesis development, research design, data collection, data analysis, and the oral and written presentation of all findings

### **Graduate Research and Directed Studies Student**

September 2016-January 2017

Department of Physical Education and Recreation, University of Alberta

- Supervisor: Dr. John Dunn
- Interpreted the mindset of adult male curlers competing at the 2016 Tim Horton's Brier using qualitative methodology
- Involved in data transcription, hypothesis development, research design, theme generation, literature review, and the oral and written presentation of all findings

### **Undergraduate Research Student**

January 2016-August 2016

Action in Complex Environments Lab, Department of Physical Education and Recreation

- Supervisor: Dr. Craig Chapman
- Examined how we select and perform actions on behaviorally relevant objects and ignore and avoid irrelevant objects using motion tracking, eye tracking and EEG technologies
- Involved in hypothesis development, literature review, research design, research ethics approval, EEG set up, experiment briefing and monitoring, data collection and weekly lab meetings
- Trained in BrainVision EEG/EOG hardware, and MATLAB software

**Undergraduate Research Student**

September 2015-August 2016

Mathewson Lab, Department of Psychology, University of Alberta

- Supervisor: Dr. Kyle Mathewson
- Examined the functional role of ongoing neural oscillations in visual perception and awareness using EEG, and how these are utilized in real world tasks such as biking outdoors
- Involved in electroencephalograph set up, experiment briefing and monitoring, weekly lab meetings, hypothesis development, literature review, research design, and data collection.
- Trained in Cortech EEG/EOG hardware; and MATLAB and Mindwave software

**Cooperative Work Experience Program in Psychology**

August 2014-August 2015

Department of Psychology, University of Alberta

- Supervisors: Dr. Kyle Schalk and Dr. Sandra Ziolkowski
- Developed a mindfulness-based stress reduction program (handouts, psychoeducational group session plan, relaxation script, and handbook) used alongside bio/neurofeedback training in populations experiencing chronic pain, traumatic psychological injury, or brain injury

**TEACHING EXPERIENCE**

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**Sessional Lecturer**

September 2023-Present

University of Alberta

- Life, Leisure, and the Pursuit of Happiness (RLS 100; Fall 2023)

**Graduate Guest Lecturer**

September 2016-August 2023

University of Alberta, University of Saskatchewan

- Ethics and Values in Sport and Physical Activity (KIN 432): One in-person lecture on the topic of Helping Without Harming (February 2023)
- Mental Training for Sport and Physical Activity (KIN 431): One in-person lecture on the topic of Grit in Sport (March 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): In-person lecture on the topic of Data Analysis and Representation: Phenomenology (Nov 2019)
- Social Behavioral Foundations of Physical Activity (KIN 122): Virtual synchronous lectures on the APA Formatting and Style Guide (Oct 2020), and 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 Alberta, University of Saskatchewan

- At the University of Saskatchewan, I served as a graduate teaching assistant for Ethics and Values in Sport and Physical Activity (KIN 432; Winter 2019, Winter 2020), Social Behavioral Foundations of Physical Activity (KIN 122; Fall 2020, Winter 2021), Theory of Pedagogy in a Physical Activity Setting (KIN 240; Fall 2020, Winter 2021).
- 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**

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### **Mental Performance Consultant**

September 2018-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; e.g., volleyball, wrestling, soccer, gymnastics, curling, ringette)
- 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

### **Mental Performance Consultant**

October 2020-Present

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

### **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
- Created season plans upholding the standards of the Canadian LTAD model

## **RELEVANT PROFESSIONAL EXPERIENCE**

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### **Camps Director**

March 2017-August 2018

Volleyball Alberta

- Planned, organized, and delivered the 2017 and 2018 Jasper and Sylvan Lake Volleyball Camps, the largest and longest-standing volleyball camps in Canada, to over 630 athletes aged 9-17 years old
- Hired and trained 59 coaching staff to thrive within Canadian Long Term Athlete Development framework, and empirically informed Positive Youth Development philosophies
- Coordinated all logistical details of the camps, including registration, lodging for athletes and coaches, playing facilities, meals, skill development, classroom sessions, and social activities

### **Undergraduate Psychology Intern**

August 2014-August 2015

Millard Health

- Provided biofeedback and neurofeedback training to 124 referred clients (470 sessions) belonging to either chronic pain, traumatic psychological injury or brain injury programs on an ongoing basis using Biograph Infiniti and Thought Technology programs
- Created and led 29 psycho-educational groups focused on various topics, including mindfulness-based stress reduction, nutrition, communication styles, and sleep
- Administered and scored psychometric evaluation forms to clients at intake and discharge

- Developed a handbook outlining the self-directed creation and implementation of mindfulness-based stress reduction therapy to a chronic pain program

## COMMUNITY SERVICE

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### Peer Reviewer

International Journal of Sport and Exercise Psychology	2020/2021/2023
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
Leisure Sciences	2021/2022
Personality and Individual Differences	2021
Psychology of Sport and Exercise	2021/2022
Sociology of Sport Journal	2021

### Diversity Standing Committee – Elected Chair

October 2022-Present

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

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's 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

## **President**

April 2014-April 2016

Club Francophone de Volleyball du Campus St. Jean

- Directed recreational and competitive volleyball teams in a primarily francophone environment
- Coached and sought outside opportunities which would either further a group member's volleyball skills or French-speaking ability at the University of Alberta
- Provided counsel to two vice-presidents by overseeing the financial standing of the club, club promotion, and adherence to University of Alberta Students' Union bylaws

## **SCHOLARSHIPS AND AWARDS**

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University of Alberta Izaak Walton Killam Memorial Postdoctoral Fellowship (\$104,000)	2023-24
Social Sciences and Humanities Research Council (SSHRC) Doctoral Fellowship (\$60,000)	2021-23
Teacher Scholar Doctoral Fellowship (\$21,000)	2021-22
Dean's Graduate Student Travel Award (\$1,500)	2022-23
University of Saskatchewan Dean's Scholarship (\$66,000)	2018-21
University of Saskatchewan Travel Award (\$1,050)	2018-23
MoBI Award (\$20,000)	2018
Alberta Graduate Student Scholarship (\$3,000)	2018
Tevie Miller Involvement Award (\$1,000)	2016
Crystal Marr Memorial Award (\$1,000)	2015
Jason Lang Scholarship (\$1,000)	2012-14
Faculty of Arts Academic Excellence Scholarship (\$250)	2011
University of Alberta Academic Excellence Scholarship (\$1,000)	2011
Alexander Rutherford High School Achievement Scholarship (\$2,500)	2011
4-H Academic Excellence Scholarship (\$250)	2011

## **PROFESSIONAL AFFILIATIONS**

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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
University of Saskatchewan College of Kinesiology Graduate Society	2018-Present
University of Saskatchewan Graduate Students Association	2018-Present
University of Alberta Kinesiology, Sport and Recreation Graduate Student Society	2016-2018
University of Alberta Graduate Students Association	2016-2018
Volleyball Canada	2016-Present
Volleyball Alberta	2008-Present

## **PROFESSIONAL DEVELOPMENT**

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Setting Expectations and Creating Classroom Community (UAB CTL)	August 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