

# Dr Áine MacNamara

MONDAY 17 SEPTEMBER 2018 – 7.00pm-8.30pm



**About the talk:** Áine will work with the young athletes to explore the ‘rocky road to success’ and the skills they need to realise their potential, maximise the opportunities, and overcome the challenges.

## **About Áine:**

Dr. Áine MacNamara is a Reader in Elite Performance in the

Institute of Coaching and Performance at the University of Central Lancashire.

Áine’s background is in physical education and coaching and she has worked with young people in a range of sporting environments as an educator, coach and sports psychology consultant.

Her main research interest is in Talent Development and she has published widely in peer-review journals, book chapters and technical reports and has worked with a range of sporting organisations in the UK and Ireland to help them develop Talent Development pathways and policies as well as providing coach and parent education to support the implementation of these ideas.