

Dr Emma Kavanagh

FRIDAY 8 FEBRUARY 2019 – 7.00pm-8.30pm



About the talk: Emma will be talking about a taken for granted aspect of performance environments through exploring the relationships we hold and the challenges that can be posed to these relationships in pressurised environments. The importance of optimal relationships are central to wellbeing and success. Emma's talk will therefore provide examples of how to strengthen and nurture relationships through increased understanding of the self and others.

Dr Emma Kavanagh is a lecturer in Sports Psychology and Coaching Sciences and a BASES Accredited Performance Psychologist and Chartered Sport and Exercise Scientist, working with a number of athletes and coaches at national and international level.

Emma has a wealth of experience working with elite performers across a variety of team and individual sports. She has gained an excellent reputation as a performance psychologist helping athletes and coaches alike achieve their personal performance aspirations.

She has prepared athletes for and attended major events including Olympic, Paralympic and Commonwealth Games and has extensive experience of increasing performance in high pressure environments.