

Curriculum Vitae

Personalia



Country: The Netherlands
Date of birth: 20 July 1973
Place of birth: Ursem, the Netherlands

Education

1995 – 2001 **Vrije Universiteit (VU), Amsterdam:** Human Movement Sciences
Major in Psychology, Minor in Exercise Physiology
- **Thesis:** Mental Skills Training for long-term Injured Elite Athletes
- **Teaching degree** for Universities of Applied Sciences;
- **Research** at Netherlands Olympic Committee (NOC*NSF):
Use of Mental Skills Training in preparation of Olympic Games in Atlanta (1996)

1998 – 1999 **European Master's Degree in Sport & Exercise Psychology;**
- VU Amsterdam: in dept information on Sport- and Exercise Psychology,
- Sporthochschule, Cologne, Germany: Intensive course Sport & Exercise Psychology
- Norges Idrættshøgskole, Oslo, Norway and Norwegian Olympic Committee: Research
on the use of Mental Skills Training in preparation for Olympic Games Nagano (1998)

1991 – 1995 **Hogeschool Utrecht (HU), Utrecht:** Physiotherapy

Additional Education

2009 – 2010 **Sports Talent Academy:** Youth Talent Development Indicator
2008 – 2009 **Peter Murphy, Jan Huijbers and Dick Otter (Arko Sports Media):** Coaching in Sport
with Action Type
2003 – 2004 **Synergos:** Haptonomy in Sport
2003 **Nederlands Training Instituut voor Neuro Linguïstisch Programmeren (NTI-NLP):**
Neuro-Linguistic Programming (NLP)
2000 **Vereniging Sport Psychologie Nederland (VSPN):** Mental Skills Training and
Counseling
1997 – 1998 **Active Living (NOC*NSF):** 'Test leader' and 'Consultant'

Professional

SPORT PSYCHOLOGY:

- 2012 – up till now **FC Utrecht*** Mental coach for the coaches and the players of the men squad
* Premier League football club in the Netherlands
- 2011 – up till now **Bogtstra & Kempers Tennis School** Giving workshops and mental skills training for their young talented tennis players.
- 2010 – 2011 **VVV- Venlo*** Sport Psychology Education for youth coaches
* Premier League football club in the Netherlands
- 2010 **FC Twente*** Mental coaching for the woman squad
* Premier League football club in the Netherlands
- 2008 – 2011 **VVV-Venlo** Mental coach for the coaches and the players of the men squad
- 2008 **VVV-Venlo** - Developing a profile of the most suitable future head coach
- 1999 – up till now **Mental coach** of several non professional sport teams in different kinds of sports such as soccer, handball, field hockey
- 1999 – up till now **Mental coaching** for team- and individual athletes in different kinds of sports such as Soccer, Field-hockey, Karate, Ice-skating, Mountain bike, Snowboard, Tennis, Horse riding, Jiu Jitsu, Handball, Athletics, Rugby, Short-track, Cycling

SPORTS MANAGEMENT:

- 2011- 2012 **Netherlands Olympic Committee (NOC*NSF)** – Investigating and developing a intervention for Mental Coaching at the Olympic Training Centres (9 in total)
- 2011 **De Haagse Hogeschool** – Project manager of the study week for Sports Management students about 'Trends and Developments in sport'
- 2011 **Hogeschool Rotterdam** – Advisor on the new study programme: 'Sports, Health and Management'
- 2010– 2012 **Netherlands Olympic Committee (NOC*NSF)** and **Van Praag Institute** - Developing and producing (audio) mental exercises for Peak Performance, Recovery and Rehabilitation for the London 2012 Dutch Olympic Team
- 2006 – 2008 **NLCoach** (organisation for coaches) - Deputy director and project manager
- 2006 – up till now **Hogeschool Utrecht en Rotterdam** - Developing and giving the minor '*Sport Psychology*' for sports marketing students
- 2006 **Cruijff Direct Program** - Trainer in personal development of football players from 1st division football clubs
- 2006 **NLcoach** - Ad interim director
- 2005 – 2006 **NFWS** (organisation for people working in sports) - Researching the possibility of a National Coach Institute in the Netherlands
- 2003 – 2007 **NTI-NLP** - Developing and Teaching the Course '*Mental Skills Training in (elite) Sport for Athletes and Coaches*'. The course was a combination of NLP and (cognitive) Sport Psychology.
- 2004 **NOC*NSF** evaluation of the Dutch Olympic Team going to the Olympic Games in Athens
- 2002 – 2004 **NOC*NSF** - Assistant Project Manager of the Mental Projects for the Dutch Olympic Team (Athens 2004) such as
- The Hero's Journey (based on the book 'The hero with the thousand Faces')
- Elite Sport Assessment for Mental Skills
- 2002 – 2006 **NFWS** – Manager of projects concerning development of expertise of Trainers and Coaches in sport
- 1997 **NOC*NSF** - Organising the conference '*Mental Skills Training and Counselling in perspective*',

OTHER:

- 2008 – up till now **Bordercross Academy** (organisation for children with chronic diseases, who wants to reveal their power within by using diving on the Dutch Antilles as a metaphor) - Project manager
- 2001 – up till now **Hogeschool Utrecht** - Teaching Sport Psychology for the '*All-round Sport Physiotherapy*'
- 2000 – up till now **Congresses, Universities and other education programmes** - Giving lectures and workshops
- 2002 – 2003 **Medicort** (rehabilitation centre) - Program Manager of the Elite Sports
- 2000 **Hogeschool Utrecht** - Teaching Physiotherapy
- 1997 – 2003 **Active Living** - 'Test leader' and 'Consultant'
- 1995 – 1996 **Sport Institute Ooms** - Fysio- Sport instructor
- 1995 – 1998 **Physiotherapist** in several private practices
- 1992 – 2001 **Physiotherapist** the medical staff of soccer and field hockey teams

Publications

2012	'Performing under pressure' in Hockey Visie , Online Magazine for Field Hockey Coaches, year 2, April 2012
2009	'Foreign players' in De Voetbal Trainer , Magazine for coaches working in professional football, year 28, number 180
2009	'Better performance by imagery' in De Voetbal Trainer , Magazine for coaches working in professional football, year 26, number 161
2008	'Social comparison and team cohesion' in Sport Gericht , Magazine for specialists in moving, year 62, number 6
2008	Several columns about the mental aspects of performing during the Olympic Games 2008 in Beijing AD Sportwereld Pro (Dutch news paper)
2008	'Building confidence' in Sport Gericht , year 62, number 4
2003	'The psychological aspects of overtraining' in Sport Gericht , year 57, number 6
2002	'Mental aspects of injuries' in Sport Gericht , year 56, number 3.
2002	'Food for athletes: What and when is the best option?' in Fysioscoop , magazine for physiotherapists, year 28, number 6
2002	'Sport injuries: The aspects between the ears' in Fysioscoop , year 28, number 2 (part1), number 3 (part 2)
2002	'Sport injuries: the aspects between the ears' in Sport massage Internationaal , Magazine for sport masseurs, year 43, number 1 (part1), number 2 (part 2)
2001	'Sport injuries: the aspects between the ears' in Geneeskunde en Sport , Journal for sports medicine and human movement sciences, year 34, number 5

Qualifications

2010 – up till now	Founder and president of FC Mentaal (Group for exchanging knowledge and expertise among mental coaches working in professional football)
2009 – up till now	Member of INFP (International Network of Football Psychologists)
2008 – 2009	Board member of Stichting Sport Talent (foundation for Talents in Sport)

MEMBERSHIP:
VSPN (Dutch federation for Sport Psychology)
VvBN (Dutch federation for Human Movement Scientists)
LNVS (Dutch federation for Women working in Sports)
Network 'Oog in Al' (Network of female entrepreneurs)
BIG register, no: 39044927304 (Register for professionals in health care)

SKILLS:
Computer skills: Word, Excel, PowerPoint, Outlook, Studio Webdesign
Language skills: English fluent. German intermediate, French and Spanish basic
Drivers License: B (regular cars)

HOBBIES: Several kinds of sports, singing, dancing, travelling and reading