

## Lisa Rogerson – Mental Skills Coach



Lisa Rogerson, originally from Ontario, moved to Edmonton in 2001 to complete her doctoral degree in Sport Psychology at the University of Alberta. Since then, Lisa has been consulting with athletes and coaches from a variety of sports from novice to Olympic levels of competition. Lisa joins The Alberta Sport Development Centre (Capital Region) as the Head Mental Training Coach to help further develop Alberta's sport participants.

As an athlete, Lisa participated in a variety of high school sports and went on to compete in varsity Athletics at the University of Manitoba. During this time she worked as a consultant and the Life Skills Manager at the Canadian Sport Centre in Winnipeg. Here she was fortunate enough to work with Olympic athletes/coaches and developed a strong interest in building Sport Psychology programs for Canada's best young athletes.

Lisa has 17 years of consulting experience with both individual and team sports in a wide range of disciplines. Some of her latest experiences include the 2007 Canada Winter Games, 2007 Western Canada Games, Provincial/National Curlers, National cyclists, Olympic hockey players, National/Provincial elite gymnasts, and a LPGA golfer.