



DR. HEATHER WHEELER

PSYCHOLOGIST

Media Kit

ABOUT DR. HEATHER WHEELER

DYNAMIC SPEAKER AND EXPERT CLINICAL PSYCHOLOGIST

Heather is one of Canada's leading experts at the intersection of mental health and high-performance sport. Recognized for her deep knowledge and skill as a Clinical Psychologist with expertise in performance psychology, alongside her passion and enthusiasm for creating change, Heather's impact is system-wide; including support for athletes, coaches, sport leaders and organizations across all levels of the Canadian sport system.

She has been on the leading edge of the evolution of mental health prioritization in sport in recent years, helping build awareness of the unique challenges related to "mental injuries," including eating disorders. She is adept at driving high-performance cultures through a series of steps and processes that develop the right conditions for people and organizations to grow to their full potential.

As Mental Health Lead for Athletics Canada, Swimming Canada and Canadian Sport Institute Ontario, Heather leads the path for early intervention and treatment of athletes and coaches. She is also the psychologist for the High-Performance Centre - Ontario (HPC-ON), working with the national swim team athletes and coaches and creating a psychologically-informed environment. She has been supporting high-performance and world-class athletes and coaches on their journey up to and including the Olympics and Paralympics since 2008 and is a provider for Game Plan's Mental Health Network.

Heather has over two decades of experience providing psychological assessment and evidence-based treatment to diverse populations, in both private practice and the public healthcare system. As Clinical Lead at Humber River Hospital, she helped reinvent the model of care in the outpatient mental health program, boosting effectiveness and reducing wait times from two years to less than two months.

Beyond clinical practice and leadership roles, Heather is a sought-after keynote speaker and workshop facilitator, known for creating engaging, transformative experiences and workshops related to mental health for high-performers.



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SPEAKING TOPICS

2025



- 1 Controlling the Dimmer Switch:**
Perfecting the Process, not the Person
- 2 Taking one for the Team or Losing Sight of the Goal?:**
Preventing Burnout as a High Performer
- 3 A Champion's Mindset:**
Mental Health in High-Performance Coaching
- 4 EveryBODY needs support:**
The psychology of eating and body image in sport
- 5 The Psychology of Sleep for High-Performers**
- 6 Competing with Eating Disorders:**
Preventing Harm and Working as a Team



Testimonials



Heather was an excellent facilitator and brought the whole group in to discuss the issue

- Shane Esau (coach)



Before the workshop i wouldnt have felt comfortable opening myself up to these conversations, i am more likely now to be more engaging with my athletes.

- Guillermo Toro (coach)



Listening brought up many many memories of circumstances that have happened where having this knowledge would have been very helpful

- Wendy Johnson (coach)



Dr. Wheeler "gets it", she is a skilled practitioner, and she did an amazing job of the preparation and communication.

- Baylee Munro (Coach)



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Testimonials



The knowledge of Dr Wheeler was right on point. Every question was answered with precise confidence, leaving no room for doubt.

– Audrey Rivest (Coach)



This seminar tick all of the boxes in hoped it would in regards to how to better serve my athletes mental health needs and best practices.

– Craig McCormick (coach)



Heather was an excellent presenter and had a good balance of engaging the audience and providing relevant info.

– Vicent Chung (coach)



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Partial Speaking Engagements List

- **Building Champions of Tomorrow: Athlete Mental Health and Wellness** – Invited address at the 2022 High Performance Sport Symposium for Sport leaders. BMO Institute for Learning, Markham, Ontario.
- **The Way Ahead** – Invited speaker on Mental Health and Eating Disorders in sport for the National Initiative for Eating Disorders (NIED). Joined by Kirsten Moore-Towers (OLY Pairs Figure Skater). (Webinar).
- **Mental Health: Supporting Athletes and Coaches** – Athletics Ontario Webinar Series. Panel Presentation with a coach Mavis Dzaka and athlete Kate van Buskirk.
- **Happy, Healthy Athletes** – Onboarding workshop for new CAPP athletes at Athletics Canada emphasizing the importance of attending to mental health and the pathways in the organization to get support.
- **Mental Health Strategies for Athletes** – Workshop presented to Athletics Canada athletes on skills to support mental health and well-being (Webinar).
- **The Anxiety Quality Standards in Practice** – Presentation given over live stream to over 300 primary care providers in the North-West Toronto catchment area. Toronto, ON.
- **Mental Health: The Coach's Role** – Workshop presented to Athletics Canada coaches on the Athletics' Canada perspective on mental health, resources, and basic strategies for well-being (Webinar).
- **MH 101 for IST** – Mental Health strategies for Integrated Support Team members to support self and athlete well-being (Webinar).
- **Mental Health at Athletics Canada: Athlete Workshop** – Workshop presented to athletes on the Athletics' Canada perspective on mental health, resources, and basic strategies for well-being (Webinar).
- **Mental Health at Athletics Canada: IST Workshop** – Workshop presented to athletes on the Athletics' Canada perspective on mental health, resources, and basic strategies for well-being (Webinar).
- **Controlling the dimmer switch: Working with perfectionism in athletes using mindfulness** – Workshop presented at the Sport Innovation (SPIN) Conference, Toronto, ON.
- **The art and science of working with disordered eating in athletes: What is your role?** Workshop presented at the Sport Innovation (SPIN) Conference, Toronto, ON.
- **Mindfulness in Sport** – Invited workshop for Game Plan Athlete Summit, Canadian Olympic Committee, Toronto, ON.
- **Live Life Unfiltered** – Panel discussion presented in association with WE Well-being and Waterstone Foundation. WE Global Learning Centre, Toronto, ON.



Ready to book?

CONTACT DR. HEATHER WHEELER

Thank you for considering Dr. Wheeler
for your next speaking engagement!



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