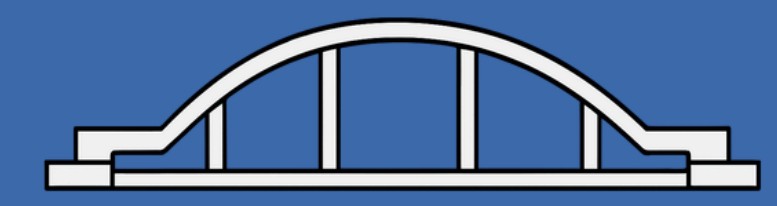




DR. HEATHER WHEELER
PSYCHOLOGIST



Bridging the
Mental Health - Performance Gap

CULTIVATING EXCELLENCE.

*Two Webinars for Sport Coaches.
The first one builds your capacity. The second one shows you what to do with it.*

WOULD YOU LIKE TO...

Catch what stress is doing to you before it shows up in your coaching?

Stay calm in the moments that usually get to you?

Say no to a parent, an athlete or one more commitment without feeling like the bad guy?

Get clear on the kind of coach you want to be and enjoy the job again?

Reach an athlete in the moment when pushing harder is clearly making it worse?

Have athletes who think for themselves under pressure?

Give tough feedback and keep the relationship strong?

Find out what actually drives an athlete and build the season around it?

Session 1

CULTIVATING EXCELLENCE IN YOURSELF.

Steady the System. Expand Your Capacity. Coach with Presence.

September 30 | 7:30 pm EDT | 90 Minutes

Session 2

CULTIVATING EXCELLENCE IN YOUR ATHLETE.

Coach the Person. Unlock the Performer. Care without Carrying.

October 26 | 12:00 pm EDT | 90 Minutes

Your athletes read your state before they hear your words.

Session one is to get yourself out of protect mode so you show up at your best.

Session two teaches how to connect with your athletes to elevate both their mental health and performance at the same time.

Sustainable excellence, for both of you.



Clinical Psychologist
High Performance Certified

HEATHER WHEELER, PH.D.

YOUR INVESTMENT

Virtual · Open to all Coaches

Original Pricing

\$199 + HST/CDN

Early Bird Pricing before Sept 1st

\$159 + HST/CDN

Both Sessions

\$299 + HST/CDN

Early Bird Pricing before Sept 1st

\$249 + HST/CDN

REGISTER BELOW!

[LINK FOR SEPTEMBER 30th](#)

REGISTER BELOW!

[LINK FOR OCTOBER 26th](#)



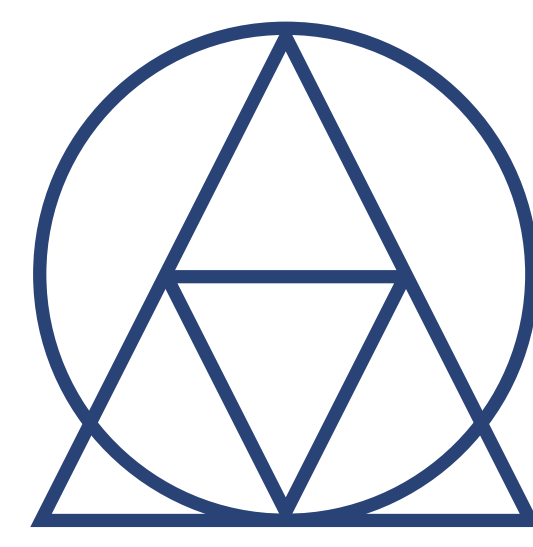
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DR. HEATHER WHEELER

PSYCHOLOGIST

Dr. Heather Wheeler is a Clinical Psychologist, speaker and educator whose work centres on a single mission: **Bridging the Mental Health-Performance Gap**. For over two decades she has brought that mission to high-performance individuals, teams and organizations across sport, healthcare and professional settings alike.

Her performance expertise comes from inside the system. Since 2008, she has worked as a trusted psychologist to 100+ Olympic, Paralympic, world-class and professional athletes and coaches across the Canadian sport system, present in the daily training environment and at the highest-stakes moments. As Mental Health Lead for Athletics Canada, Swimming Canada and the Canadian Sport Institute Ontario, she leads mental health strategy for two of Canada's most successful national sport programmes. She's embedded within Swimming Canada's High-Performance Centre Ontario team, working side by side with coaches, athletes, and support staff in the Daily Training Environment. She is also a former national team gymnast and the parent of two national team athletes, so she has lived it from every angle.

Her leadership experience runs just as deep outside of sport. For 18 years she served as a clinical leader and mentor in healthcare, including as Clinical Lead at Humber River Hospital, where she led her team through COVID to a full transformation of outpatient mental health care, cutting wait times from two years to under two months. She has seen what happens when leaders prioritize people and performance together, and what it costs when they don't.

Heather is a sought-after keynote speaker and workshop facilitator who has delivered 180+ talks and workshops for sport organizations, corporate audiences and healthcare teams across Canada. Her work is built on a conviction she returns to in every room she walks into: ***Sport is one of the most powerful incubators for human development we have. When coaches, leaders and organizations learn to hold mental health and performance together, people thrive and results follow.***

She is registered with the College of Psychologists of Ontario and High Performance Certified at the Senior Level.



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