



**DR. BETH McCHARLES**

• Mental Performance Coach •

PERFORMANCE CONSULTANT, COACH, SPEAKER AND MOM. WORKING WITH ATHLETES, COACHES, ARTISTS, AND YOUTH TO BECOME THEIR BEST SELF.

#### **DR. BETH McCHARLES**

Award-winning coach and Mental Performance Coach, Dr. Beth McCharles has been building championship cultures for decades. An accomplished athlete and clinician she has competed and coached at the highest levels of sport performance. Dr. McCharles focuses on building a *high performing culture across organizations, developing individual confidence, and empowering leaders to lead with excellence.*

Dr. McCharles has worked with a number of different organizations such as Hockey Canada, Nike Inc, OneXOne, Canadian University Sport, Canadian Armed Forces and Canada Basketball. She has participated in 8 international games as an athlete, coach or Mental Performance Coach and has over 15 years experience with top-rated universities as a lecturer, coach, consultant. She currently serves as a Mental Performance Coach for coaches and athletes at Ryerson University Athletics.

Dr. McCharles has a successful private practice in Toronto, ON; her clients consist of professional artists, coaches, executives and athletes. Beth is also a facilitator and mentor with the Canadian Sport Institute, a professional consultant with the Canadian Sport Psychology and a board member for the Artists' Health Alliance and the North Toronto Soccer Club.

Born and raised in Cape Breton, Nova Scotia, Beth has a BA of Human Kinetics from St. Francis Xavier University, Masters of Sport Psychology from the University of Ottawa, and a PhD of Behavioural Exercise Science from the University of Toronto.



#### **THE ACT OF THINKING DIFFERENTLY**

How to Build Excellence within a Team Environment



#### **THE ART OF CONFIDENCE**

Striving to become confident and resilient to achieve your goals



#### **WOMEN IN LEADERSHIP**

Keys to mindfully managing self, life, work and business



#### **THE 4 ARCHETYPES OF PERFORMANCE**

How to support and challenge youth performers

BETH OFFERS IN-PERSON OR  
SKYPE SESSIONS TO MEET YOUR NEEDS

#### **CONNECT WITH BETH:**

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\*Skype/Facetime availability.

