

Feedback from Masterclass in Sport Psychology; December 2010

Quotes Used with Informed Consent

“Excellent delivery that gave me lots of ideas on how to improve my own delivery as well as motivating me to do so. An excellent weekend with maximal impact.” Senior Lecturer in Sport & Exercise Psychology

“I found the whole masterclass excellent in terms of content and delivery. The applied focus really made it all so practical and of all the training I have had in the past this was undoubtedly the most useful one ever! I think Dr. Hemmings is brilliant in what he does, and it really takes skill to deliver a two-day course and maintain the audience’s interest from beginning to end. Brian did that brilliantly and I would recommend Masterclasses to anyone who is keen to learn an insight into sport psychology in applied settings.” BPS Chartered Sport and Exercise Psychologist

“An excellent programme. Very engaging and packed full of useful content that can be used in own personal practice. Appropriate to 2 days but so interesting and ran by an expert with so much experience to share I wanted it to last longer. Would recommend it without doubt! Cannot pick one part as best as it was all fantastic in own way. Enjoyed it so much I found myself so immersed and surprised when I looked at the timer and it was time to go home. Many thanks Brian!” HPC Registered Sport and Exercise Psychologist

“This was a really good workshop. Brian has an excellent delivery style; he really brings sport psychology to life. As a clinical psychologist he helped me to integrate my thinking and previous training to sport psychology. Thanks very much!” HPC Registered Clinical Psychologist

“An excellent 2 days. I really valued the applied perspective and what Dr. Brian Hemmings felt from his 20 years of practice are the most impactful areas to focus on. I will certainly be following up many areas. Really enjoyed and feel inspired by style and delivery of the sessions. Superb!” English Institute of Sport Psychologist

“As a probationary sport psychologist the weekend has been excellent. It has been really useful both listening to Brian as well as speaking to other members of the group/listening to their contributions. I will specifically be looking at using storytelling in future but I think I will implement most things covered at some point. The weekend has helped me to focus the role of the sport psychologist further and given me some really good ideas to develop in my own practice. Many thanks. It was worth getting up at 4.30a.m. for!” BASES SE Psychology Support Year 3 Individual

“Learning from someone who has applied sport psychology at the very highest level can only be a positive experience. My issues included struggling to make sense of all the information that gets thrown at you during university. This course has helped me start to do that and I feel a great deal more confident going forward in my career. There was also lots of input from the delegates, with a comfortable environment for people of all backgrounds and levels of experience. This really helped to refocus me as I go forward with my BPS training.” BPS Stage 2 Candidate in Sport and Exercise Psychology