

Kassie McMahon

Kassie completed a Bachelor of Sport and Exercise Science at the University of the Sunshine Coast and then progressed to complete a Graduate Diploma and Honours in Psychology. She is an associate member of the Australian Psychological Society and is registered with the Psychology Board of Australia. Kassie also completed a Graduate Diploma of Education making her a qualified school teacher.



Kassie possess a strong background in sport and exercise science, and as such Kassie is able to assist coaches and athletes to train the body and the mind to ultimately achieve peak performance. Kassie consults to athletes of different ages, ability levels, and sports. She has practical experience working with elite level athletes such as rugby league teams, national track and field athletes, amateur and professional kick boxers, Golfers, professional surf lifesaving competitors, and national level swimmers.

A particular area of interest for Kassie is vocational assessment. She has consulted for schools, employment agencies, and sporting teams in the area of vocational assessment and planning. Additionally, Kassie has organised and facilitated talent identification programs for the National Talent Identification Program. Kassie currently works in consultation with the University of the Sunshine Coast in a supervisory role to students completing the Bachelor of Sport and Exercise Science. She also works within the educational sector designing and delivering health and well-being workshops for students.

In addition to her work in the field of sport psychology, Kassie has a passion for assisting non-athlete populations to achieve general health and fitness goals through exercise adherence and lifestyle change, and optimally attaining work-life balance. Kassie has extensive experience in the capacity of Exercise Physiologist/Personal Training. She is the cofounder and manager of a successful Health and Fitness Center that services a broad range of clientele from the general public to strength and conditioning for elite level athletes.

Specialties:

Kassie's specialty sports are swimming, athletics, golf, surf lifesaving, martial arts, AFL, rugby league, gymnastics, and netball. Kassie is extremely passionate about combining her unique skill set to educate younger generations about how to develop healthy sustainable lifestyle practices for a brighter future.



Kassie McMahon | Psychologist | Mental Notes Consulting | mentalnotesconsulting.com.au

Please contact Kassie to discuss her services further via her email

kassie@mentalnotesconsulting.com.au or mobile **0403 601 424**.

To make an appointment for an individual consultation please call The Knee Joint Sports Physiotherapy on **5438 8300**.

Get Started with Mental Skills Training!

The path to a professional golfing career begins early in life. Juniors are introduced to golf and becoming involved in competition at a relatively young age. This trend has juniors dreaming of and striving towards a professional golfing career from a very young age. Along with the technical skills comes the importance of mastering the mental skills required for success as a professional golfer. The mental skills become more relevant as the junior matures such that if mental skills training is initiated early, it can become a key to consistency during the adolescent years where growth and change can often lead to inconsistent performance.

Sports Psychologists often meet with young golfers who experience the following challenges:

- Managing the pressure associated with tournaments.
- Trying to be perfect with the golf swing, instead of learning how to play the game.
- Difficulty with commitment to training other key factors like fitness, preparation, quality of practice.
- Loss of enjoyment playing, getting burned out on the amount of playing, resulting in a loss of balance in life.
- Communication breakdown with support people such as parents at home, coaches.
- Trying to balance home, school, friends, golf.
- Remaining focused on course.
- Managing emotions on the course.

Mental Skills Training has 4 primary goals:

1. Achieve golf and life goals
2. Increase enjoyment
3. Develop consistent performance
4. Lower golf scores

Mental Game Skills include:

- Confidence - believing in your ability
- Focus Management - blocking out distractions
- Emotional Control - staying in control
- Mental Toughness - handling adversity
- Tournament Preparation – being organised to compete
- Thriving under Pressure – accepting and managing anxiety

There are many examples of professional golfers who consistently demonstrate a mental edge over their competitors. Just as a 'perfect swing' must be coached and practiced; we must learn and practice mental skills to for golfing success.