

Ferry Lee

Ferry is a trained Forensic Psychologist with a passion for sport. While he works with offenders on a day-to-day basis, he finds working with athletes a refreshing change - simply because most athletes are willing to consider how psychology can play a role in their sport and in their lives.

Ferry's main interests are in reinforcing the strengths an athlete possesses, while assisting in discovering areas of improvement and working with the athlete to achieve their full potential. He also has an interest in arousal regulation and stress management techniques to assist the athlete in finding his or her "optimal level of arousal" for optimal performance.

Ferry is a keen sportsperson as well, participating in sports such as basketball and American football. He has also been studying karate since 1991 and believes that discipline, respect and competitiveness are important characteristics for any athlete.

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