

## **Gerard Faure-Brac**

*BEd. (Human Movement) (Hons), Grad Dip (Sport Psychology), MPsych (Sport Psychology), MAPS, CoSP*

Gerard Faure-Brac is a Sport and Performance Psychologist specialising in all aspects of performance enhancement. Gerard brings with him a unique suite of tools and techniques developed from his background in sport and exercise psychology, clinical psychology and education.



Gerard developed and coordinates the current Sport Psychology program for Sydney South West Area Health Service's Adolescent Mental Health Units. The 5-year old program uses sport psychology as an adjunct to traditional therapeutic mental health techniques and has gained recognition across the service. It is the first of its kind in Australia.

Gerard has a broad experience of delivering sport psychology and performance enhancement to athletes and non-athletes, including teams and players from the National Basketball League, the National Rugby League, the women's Water Polo National League and various organisations across corporate and government sectors.

Gerard has a Masters Degree in Sport and Performance Psychology and a Bachelor of Education in Human Movement (Honours), having taught both in Australia and the United Kingdom. Gerard delivers a comprehensive plan and set of strategies and techniques that equips groups and individual with the skills necessary to further their potential and make excellence a habit.

Gerard is a full member of the Australian Psychological Society and current Treasurer of the College of Sport Psychologists (CoSP), and a member of the Sydney Performance Psychology Group.

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