

Lauren Adams

BSC (Psychology) Post Grad Dip (Sport Psychology/Performance Enhancement)

With an extensive back ground in dance performance and classical ballet, having danced with several of Sydney's major dance academies, Lauren has combined her love of dance, health and performance through her studies in Psychology.

Lauren has a Science degree in Psychology and a Post Graduate Diploma in Sport Psychology/ Performance Enhancement. Having studied and worked under the tutelage and guidance of one of the country's leading Sport Psychologists, Dr Patsy Tremayne, Lauren divides her time between working in a clinical mental health setting and working with a variety of sports for performance enhancement. Her years of experience ranges from working with young children to adults, both male and female alike.

With a young family of her own, Lauren is passionate about physical and mental health, as well as developing and maintaining high standards of education, health and performance.

Email: seahor53@yahoo.com.au