

Zoe McPherson

B App Sc (Psychology), P. G. Dip (Psychology), Registered Psychologist.

Zoe is a fully registered psychologist with the NSW registration board after completion of her Undergraduate and Postgraduate studies at the University of Western Sydney, and a two year internship, registration No. PS0096971. She is also an Associate Member of the Australian Psychological Society and has previously been a committee member of the Sydney Sport Psychology Group.

Zoe currently works as a School Counsellor within a Western Sydney High School, where she uses Sport Psychology techniques to help students overcome any challenges they are currently facing. Zoe has gained experience from working with junior representative basketball players. Here she worked with the players to develop techniques and strategies to help them perform at their optimum level.

Zoe has an interest in all areas of sport and has played competitively in number of different sports, including Basketball. She realises and acknowledges the demands that are placed on athletes from a young age, and sees that sport psychology plays a crucial role in how an athlete can cope under pressure.

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