

The Mindful Advantage: Introducing Mindfulness Skills in Sport

On-demand (recorded) webinar

Co-sponsored by Haugen Performance Consulting, & Assessment and Therapy Associates of Grand Forks



**Jeanne Williamson, MSW,
LICSW, LCSW, CMPC**
Sport Therapist and
Mental Performance
Consultant

\$35 • On-demand (recorded) • 1.0 hours



Registration link (*course content will be available on November 1, 2026*):

<https://courses.haugenperformance.com/p/mindful>

Introducing Mindfulness Skills in Sport

On-demand
1.0 CE hours
Investment: \$35

Athletes are asked to perform at their best under pressure, uncertainty, and physical and emotional strain. Mindfulness, which means paying attention to the present moment on purpose and without judgment, offers a trainable way to relate differently to those demands (Bühlmayer et al., 2017; Piasecki et al., 2025). Mindfulness-based approaches are associated with a variety of outcomes, such as improved quality of life, increased sport enjoyment, lower competitive anxiety, and less influence of negative internal states on sport performance for athletes (Anderson et al., 2023; Hut et al., 2023; Noetel et al., 2019). At the same time, many athletes may still be unfamiliar with mindfulness and how to best utilize it in their lives, especially given the diverse athlete population and range of competitive sport environments.

This introductory webinar explores foundational mindfulness concepts and is designed for those looking for practical, research-informed ways to introduce mindfulness skills to the athletes they serve. The presenter reviews core mindfulness principles and research-backed information about how these approaches can be helpful for athletes. Attendees learn actionable techniques that can be taught to athletes, and the presenter discusses how these skills can support emotional regulation, resilience, and focus under pressure. The session closes with strategies for helping athletes sustain mental training over the long term, so these skills become a regular part of preparation, competition, and recovery rather than a one-time exercise. This webinar is appropriate for sports medicine professionals, mental performance consultants, mental health professionals, and others desiring basic information about introducing and using mindfulness skills with athletes.

OBJECTIVES:

SCHEDULE (specific timing subject to vary):

Upon completion of this course, participants will be able to:	10 minutes	Explore foundational mindfulness concepts & examine common misconceptions about mindfulness
1. Define core mindfulness principles relevant to working with athletes	10 minutes	Key mechanisms through which mindfulness enhances athletic performance
2. Identify performance benefits of mindfulness for athletes	25 minutes	Sport-specific actionable exercises you can use with clients
3. Explain practical, accessible techniques for daily mindfulness training	10 minutes	Implementation frameworks that help clients sustain consistent mindfulness practices
4. Discuss strategies to support and sustain long-term mindfulness practices for athletes		
	Evaluation & post-test (not counted in CE hours): 15 minutes	

TOTAL CE TIME: 1.0 hours - no partial credit provided. On-demand participants must view the entire webinar, take the post-test, and receive passing score of 75% to receive credit. If post-test is not passed within 3 attempts, participants must re-purchase the course for additional attempts.



Jeanne Williamson, MSW, LCSW/LICSW, CMPC, is a Licensed Clinical Social Worker with nearly two decades of experience working in the mental health field in a variety of settings including inpatient, intensive outpatient, and higher education counseling settings. She specializes in working with athletes and has worked with collegiate athletes in both mental health and mental performance work. She has special interest in performance anxiety, mindfulness, CBT and ACT. She utilizes an eclectic approach to therapy drawing on multiple theoretical perspectives.



This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC) through the joint sponsorship of Assessment and Therapy Associates of Grand Forks, PLLC, and Haugen Performance Consulting, PLLC. Assessment and Therapy Associates of Grand Forks is approved by the BOC to provide continuing education for athletic trainers.



Assessment and Therapy Associates of Grand Forks, PLLC, is approved by the American Psychological Association to sponsor continuing education for psychologists. Assessment and Therapy Associates of Grand Forks, PLLC, maintains responsibility for this program and its content.

Assessment and Therapy Associates of Grand Forks/Haugen Performance Consulting is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for Licensed Psychologists (#PSY-0328). This course has additional CE approvals; visit the registration page for all approval details.

The Regulatory Fineprint

This program is available for 1.0 continuing education credits. No refunds are granted for on-demand courses. ATAGF/HPC does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation, or age. ATAGF/HPC is committed to accessibility and non-discrimination in its continuing education activities. If participants have special needs, ATAGF will do their best to accommodate them. Please address questions, concerns, and complaints to ATAGF's Co-Chair of Continuing Education & Training, Christine Boulton-Olson, PhD, LP, at training@grandforkstherapy.com.

Ms. Williamson is employed by ATAGF and is a consultant with HPC. She receives an honorarium for instructing this course. There is no relationships between the CE sponsor, presenting organization, presenter, program content, research, grants, or other funding that could be construed as conflicts of interest. There is no commercial support or benefits for endorsement of products (e.g., books, training, drugs). Participants will be informed of the utility/validity of content discussed (including the basis for statements about validity/utility), as well as limitations of the approach & most common (and severe) risks, if any, associated with program content. ATAGF/HPC does not endorse presented material as the only approach to a given area of psychological practice, research, and/or teaching.