

BIOGRAPHY - DR AMANDA J.N. OWENS:

PHD, MSC, BASES (2000-2012), AASP-CC CERTIFIED (2012-2021) & CHARTERED SPORT PSYCHOLOGIST



Amanda Owens - PhD, Msc, Certified and Chartered AASP-CC (2012-2021) Sport Psychologist, BASES Accredited (2000-2012), former BOA Advisory Panel member and Leadership and Change Management Specialist. A BASES accredited (2000-2012) Sport Psychologist is the highest qualification within the field of sport psychology and is internationally recognised. Consultant certification is achieved over three years of rigorous, supervised experience to attain the required levels of competency and expertise (stipulated and regulated by the professional governing body BASES and AASP-CC).

Amanda was formerly on the British Olympics Association Advisory Panel. She is a trained Humanistic and Gestalt councillor and has been involved in the applied sports psychology field working as a sport psychologist with junior, international, olympic, professional and world class/elite individuals and teams. Amanda Owens, a well-respected and leading sport psychologist, has over 19 years of applied experience, utilising effective sport psychology techniques in both sporting and business environments.

Amanda Owens entered the area of sport psychology from a coaching background and is a former International GB tennis player. Prior to her career in sport psychology, Amanda worked as a tennis coach and full-time lecturer and subject/programmer lead in sport psychology.

MEMBERSHIPS:

FELLOW OF THE ROYAL SOCIETY OF MEDICINE 2005-CURRENT



Qualifications:

PhD Doctoral research and publications: 'Relationships Between Unexplained Underperformance Syndrome (UUPS - formerly Overtraining Syndrome)' and 'Depression in Olympic Athletes: Applying and utilising Gestalt and humanistic counselling interventions with UUPS Olympic Athletes'. AASP-CC (2012-2021) Certified and Registered (Association of Applied Sport Psychology).

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| 2007 | Kudos Worldwide Ltd. Diploma in Executive Performance Coaching in Business completed with Inside Out, accredited and meeting the International Coach Federation (ICF) core competencies, ethical guidelines, and professional standards. |
| 2000 & 2006 | BASES accreditation as an Applied Sport Psychologist. |
| 1999 | Humanistic and Gestalt Counselling certificate and qualification (UKCP). |
| 1998 | Master of Science degree (MSc) in Sport Science (Sport Psychology) at Brunel University. |
| 1998 | British Olympic Association (BOA) Advisory Panel Committee Member. |
| 1994 | Bachelor of Arts (BA) in Sport Science and English Literature with Honours from Brunel University. |
| 1990 | LTA Level 1 coaching certificate. |

AMANDA'S SPECIALIST AREAS OF SUPPORT ARE:

DEALING WITH BURNOUT AND UNDERPERFORMANCE AND OVERTRAINING SYNDROME (UUPS).

MOOD AND EMOTIONAL MANAGEMENT. EMOTIONAL INTELLIGENCE (EQ).

SELF-AWARENESS AND INDIVIDUAL AND TEAM PREPARATION.

DEVELOPING RESILLIENCE AND WELLBEING.

DEALING WITH PRESSURE, STRESS AND BEHAVIOURAL CHANGE.

MISTAKE AND RISK (EMOTIONAL EVALUATION) - CHANGE MANAGEMENT.

Sport Psychology Experience as a Performer:

Amanda Owens has worked across a range of sporting levels in a variety of sports. She has experience working with Juniors at the Middlesex Lawn Tennis Association (LTA) and has provided them with educational sport psychology and support over a 5-year period. Amanda was a lecturer at the University of North London, including being the subject leader in sport psychology. She was then appointed the LTA Southeast region sport psychologist, working with the performance of then youth and men's GB ATP squads with a world ranking. Amanda has also worked with international Triathletes, professional Golfers, Olympic athletes, and professional Cricketers during this time.

Amanda Owens has worked with Southampton Football Club as the club's first team sport psychologist, alongside Gordon Strachan, during the Premiership season 2001-02. Southampton finished the season 11th, their second highest finishing position ever in the history of the club. Amanda now works within professional Cricket and was the sport psychologist for the Surrey County Cricket Club 2001-10, and for the Essex County Cricket Club 2001-07. She currently still works with professionals in both teams and has worked throughout the academies as well. Amanda works with GB Olympic and world-class athletes in Swimming, Athletics, professional male and female Football and GB Skiers. Amanda has worked with professional ATP Tennis players and was the Stella Artois sport psychologist for three years at the Queen's Club.

Amanda was a sessional lecturer in sport psychology at London Southbank University and has also lectured at Birkbeck College (University of London). Amanda has trained probationary sport psychologists and previously ran a unique Humanistic and Gestalt supervised, experienced programme for probationary BASES applied sport psychology consultants in Central London. She was formerly on the BASES steering committees for both the BASES Psychology Interest group and the BASES-BPS Division of Sport and Exercise Psychology group. Amanda was also previously the sport psychology editor for Cricket World Magazine and regularly writes for Cricket World as a featured sport psychology writer.

Amanda has presented at a number of international sport psychology and science conferences, making many TV and radio appearances as an expert sport psychologist. Amanda is a regular at BBC 4's *The Today Programme*, BBC TV, Sky Sports and Sky News.

PERSONAL:



Amanda Owens was formerly a world-ranked international GB tennis player. Amanda had an International Tennis Federation junior world ranking as well as a national junior ranking, playing in the Bunders League for Bremen 1896 as their international overseas number one player.

Amanda Owens attended Millfield School where she represented for both hockey and tennis and completed the London Marathon in April 2006 in 5hrs 19mins for the charity *The Rainbow Trust*. Amanda regularly plays tennis at the Queen's Club London and represents the ladies first team in both the National and Middlesex Leagues. Amanda also enjoys sailing, skiing, art, theatre, film, and photography. She is the Ladies Queens Club Doubles champion for 2007 and was formerly the Vice-Captain for the Ladies First Team.

Amanda Owens has worked across a range of sporting levels in a variety of sports. She has experience working with juniors at the Middlesex LTA and provided them with educational sport psychology support for over 5 years. Amanda was a lecturer and subject leader at the University of North London in sport psychology. She was appointed the LTA South-East region sport psychologist working with the performance youth and men's GB ATP squads with a world ranking. Amanda has also worked with international triathletes, professional golfers, Olympic athletes, and professional cricketers during this time.

PRESENTATIONS:

AMANDA OWENS IS AN ACCOMPLISHED AND EMINENT SPEAKER: SHE HAS PRESENTED MANY OF THE MOST PRESTIGIOUS SPORT PSYCHOLOGY, SPORT SCIENCE, SPORT MEDICINE AND BUSINESS CONFERENCES/CONGRESSES. THESE INCLUDE:

Mood States and Predictors of Tennis Performance: A Test of a Conceptual Model of Mood. *4th Annual Congress of the European College of Sport Science, Rome, 14th-17th July 1999, [FEBSAC Online](#).*

Psychological Preparation of World Class Athletes: A Monitoring and Preventative Process. *The Royal Society of Medicine (RSM), Forum of Olympic Athletic Performance and interventions with co-speakers Dr Richard Budgett and Dr Lynn Fitzgerald, 22nd November 1999. [RSM Online](#).*

A Comparative Study on the Effects of Resistance and Non-Resistance Physical Exercise on Mood States in Relation to Gender. *10th World Congress of Sport Psychology, International Society of Sport Psychology, Skiathos, Greece, 28th May-2nd June 2001, [ISSP Online](#).*

2nd World Congress in Science and Medicine in Cricket. *Stellenbosch, South Africa, 5th-9th February 2003.*

Implementing Humanistic/Gestalt Approaches as Interventions with Professional Male First Team County Cricket Players: An Applied Perspective. *3rd World Congress in Science and Medicine in Cricket, Barbados, 6th-9th April 2007.*