

FEPSAC CONGRESS 2024

PERFORMANCE UNDER PRESSURE
IN SPORTS, MILITARY/POLICE,
PERFORMING ARTS, MEDICINE,
BUSINESS AND DAILY LIFE

WWW.FEPSAC2024.EU



15/07 - 19/07/24
CONGRESS INNSBRUCK

WWW.FEPSAC2024.EU

Hosted by



MENTAL EXCELLENCE



Berufsverband Österreichischer
Psychologinnen | BÖP



FEPSAC
European Federation of Sport Psychology



**LAND
TIROL**

APPLIED WORKSHOPS IN SPORT AND PERFORMANCE PSYCHOLOGY

Interactive practical workshops throughout the congress week focusing on performance coaching in diverse settings including Olympic Games, professional soccer clubs, military and police contexts, medicine, the arts, and topics such as mental health, sports neuropsychology, sports psychiatry, sports psychotherapy, coaching for parents, sports injuries, and more.

PRE-CONGRESS

- a. Pre-congress week for junior sport psychologists: Educational seminar week in sport psychology (Monday, July 8th - Saturday, July 13th)
- b. Pre-congress week for experienced sport psychologists: Mindfulness part I and part II in elite sports (Thursday, July 11th - Sunday, July 14th)
- c. Pre-congress day in Sporthypnosis (Monday, July 15th)

FEPSAC SPECIAL EVENTS

- + FEPSAC 2024 SCIENCE AND APPLIED SLAM AWARD
- + YOUNG APPLIED PRACTITIONER AWARD AND YOUNG RESEARCHER AWARD
- + EMA GERON AWARD AND BÖP AWARD

OUR KEYNOTE SPEAKERS



MONDAY

DAN GOULD Coaching today's athlete: meeting them where they are and taking them where they need to go



TUESDAY

CECILIE - THØGERSEN-NTOUMANI

Why is it so difficult when you have to, and so easy when you want to? The role of motivational factors for physical activity promotion



WEDNESDAY

STILIANI "ANI" CHRONI

Our Duty to Safeguard Sport: From Ignorance and Silence to Knowledge and Practice



THURSDAY

DUARTE ARAÚJO

The ecological dynamics of cognizant bodies in expert sport performance



FRIDAY

MIA STELLBERG Sport psychology in Esports



FRIDAY

KRISTOFFER HENRIKSEN

Performance excellence under pressure: Reflections of a scientist practitioner

OUTSTANDING SOCIAL PROGRAMME:

- + OPENING CEREMONY AND WELCOME RECEPTION
- + CLOSING CEREMONY AND GALA DINNER
- + DAILY SPORTS PROGRAMME (YOGA AND RUNNING)
- + SPORTS ADVENTURE WEEK FOR YOUR KIDS
- + BOB-SLIDING AT THE OLYMPIC BOB CHANNEL
- + E-SPORTS TOURNAMENT
- + SOCCER TOURNAMENT
- + CANYONING
- + WALKING AND TRAIL RUNNING
- + SEVERAL CITY TOURS