

**DR. MICHELLE CLEERE**

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**CAREER PROGRESSION**

**COUNSELING**

- Independent Consultant, Dr. Michelle Cleere, CA, 2001-Present
  - Webinars, workshops, & training for individuals, groups and organizations in Sports & Exercise (NASM, HFPN, USAT, Sharecare).
  - Individual & group peak performance training for professional, elite and Olympic athletes.
  - Individual & group coaching with Elite Performers: musicians, artists, CEO's and entertainers.
  - Developed techniques for effective work with individuals, groups and teams in the areas of motivation, anxiety, concentration, focus, goal setting, visualization, self talk, behavior change, etc.
  - Educational training for individuals, coaches, groups, organizations and interns in performance enhancement, life skills and lifestyle coaching.
  - Elite Trainer on [www.sharecare.com](http://www.sharecare.com): a health, fitness and well-being collaboration with Dr. Oz counseling people on the mental & emotional side of weight loss and exercise

**ACADEME**

- Lecturer (live & online), Exercise Psychology, Sports Psychology Department, JFKU, Pleasant Hill, CA Fall 2006-Present
- Lecturer, Motivational Interviewing, Sports Psychology Department, JFKU, Pleasant Hill, CA Fall 2010-Present
- Supervising Interns, Sports Psychology Department, JFKU, Pleasant Hill, CA Fall 2006-Present
- Lecturer, Budget and Finance of Recreation & Leisure, CSU Long Beach, Long Beach, CA Spring 2003
- Lecturer, Leisure and Contemporary Society, CSU San Francisco, San Francisco, CA Spring 2001
- Lecturer, Outdoor Recreation, CSU Fresno, Fresno, CA Spring 1994

**RESEARCH & WRITING**

- Author: Shifting Gears: Balancing Life and Triathlon
- Author: The Lived Experience of Women's Transition Process in the Sport of Triathlon
- Author: Behavioral Coaching for NASM's 4<sup>th</sup> edition textbook
- Subject Matter Expert and author in Behavioral Coaching for National Academy of Sports Medicine (NASM) and Health Fitness Providers Network (HFPN)

**Dr. Michelle Cleere**

[www.drnichellecleere.com](http://www.drnichellecleere.com)

- USAT: Multisport Zone
- USPTA
- PTR
- Dissertation: Transition of Women Triathletes
- Contributor for Triathlete Magazine 2006-2008
- Thesis: Motivation of Women Triathletes

## **ONLINE RESOURCES**

- USAT
  - [Avoid Burnout](#)
  - [Imagery](#)
- Amateur Endurance
  - [Tips for running a 10K with a winning mind](#)
  - [Women athletes and anorexia](#)
  - [Shifting gears from training to racing](#)
  - [Burnout](#)
  - [Off Season Motivation and Mental Preparation](#)
  - [Imagery](#)
- ADDvantage Magazine
  - [Make concentration part of your players game plan](#)
  - [Finding balance to prevent burnout](#)
- eHow Health
  - [Eating Disorder Warning Signs](#)
- Athlete's Audio
  - [Exercise psychology](#)
  - [Decision fatigue](#)
- Webinars
  - Sharecare
    - [Emotional Eating: episode #6](#)
  - HFPN
    - [The Mind Matters-Motivating a Client to Exercise](#)
  - USAT
    - [Shifting Gears from Training to Competition](#)
    - [Developing a Mental Training Plan](#)

**Dr. Michelle Cleere**

[www.drnichellecleere.com](http://www.drnichellecleere.com)

- Access to all other written and webinar content is fee based

**SPEAKING/WORKSHOPS:** here is an abbreviated list of my speaking engagements and workshops: NASM, HFPN, Sharecare, USAT, Lake Merritt Joggers and Striders, Berkeley Triathlon Club, Go WOW Team, Body by Vi, Metropolitan Golf Links, Zen Center, Sports + Orthopedic Leaders, Impalas, Pamakids, Velo Girls and Pharmaca.

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## **EDUCATION ♦ PROFESSIONAL DEVELOPMENT ♦ AFFILIATIONS**

- Center for Psychological Studies, CA - Ph.D. in Clinical Psychology
  - John F. Kennedy University, CA - MA in Sports Psychology
  - SUNY Cortland, NY – MS in Management of Leisure Services
  - National Academy of Sports Medicine (NASM)-CPT
  - United States of American Triathlon (USAT)-Level I
  - Get Real Trainer-behavior modification/weight management program
  - Cycling Trainer
  - Healthy Lifestyles Trainer
  - Listen First (Motivational Interviewing) Trainer
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