



PROFESSIONAL SPEAKERS

WITH



**THE HIDDEN
OPPONENT**

2024 / 2025

Professional Speakers with ***The Hidden Opponent***

The Hidden Opponent guarantees:

Professional speakers and high-quality programming tailored specifically to your group's needs. Each speaker is adaptable and can speak on a variety of topics!

Rates will vary depending on:

- Speaker choice
- Online or in-person event
- Travel location
- Time of day / time of year
- Type of programming
- Length of programming

Please reach out with a budget & event ideas in mind.

We are happy to work with you to make your event possible!

For booking and more information, please contact:

leeann@thehiddenopponent.org



ARMAN TAGHIZADEH, M.D.

Arman Taghizadeh, M.D. (Dr. T) is a Johns Hopkins trained Board Certified Adult, Child and Adolescent Psychiatrist also specializing in Sports Psychiatry. He is the founder of Mindset Training Institute® (MTI), host of the The Mindset Experience® podcast and a 2023 TEDx speaker.

Given his personal athletic success, medical knowledge, and extensive clinical experience, Dr. T works closely with elite athletes, teams, parents and coaches to provide mental health education, support and mindset training.

Dr. T's programs are specifically designed to help listeners build confidence, promote resilience, improve performance, identify mental health vulnerabilities and develop mental wellness. Participants come away feeling educated, inspired and empowered with a greater self awareness and actionable skills to achieve immediate fulfillment in and out of sport.



 mindsettraininginstitute.com

 @dr.t_sportpsych

Programming and Topic Ideas:

- Control the Controllables: Effort, Attitude, Gratitude
- Team Mental Skills Training Program
- Mental Health 101: Acknowledgement, Acceptance, Action
- Parents Program: "Dont say DON'T"
- Coaches Program: "There's NO crying in baseball. Or is there?!"
- Medical Professionals Program: "Tape 'em up, Shape 'em up."
- Control Your Consciousness: Getting into the Zone
- Riding the Recruiting Rollercoaster
- Creating a Culture of Leadership
- Psychological stages of injury and recovery
- *Specific content can be created per request

KATE CUMMINS, PSY.D., MA, 500HR- RYT

Dr. Kate, is a licensed clinical psychologist and trained neuropsychologist. After specializing with brain injury patients during her fellowship, she started working in sport psychology to help athletes & coaches gain education around brain injury and their sport identity. Over the years, Dr. Kate has worked with college level as well as professional athletes and coaches, providing a holistic approach of the self identity through sport.

Dr. Kate currently provides private practice work for performance based needs, confidence building, and navigation of life's issues that are clinically, relationally, and externally related to her clients.

Additionally, Dr. Kate is a 500 hour registered yoga teacher and yoga therapist, trained through Stanfords YogaX program in the Psychiatry department. This work combines the cognitive and physical connection of mental health, as she integrates yoga for trauma and body image healing, including athletes returning from injury.



 drkatecummins.com

 [@drkatecummins](https://www.instagram.com/drkatecummins)

Programming and Topic Ideas:

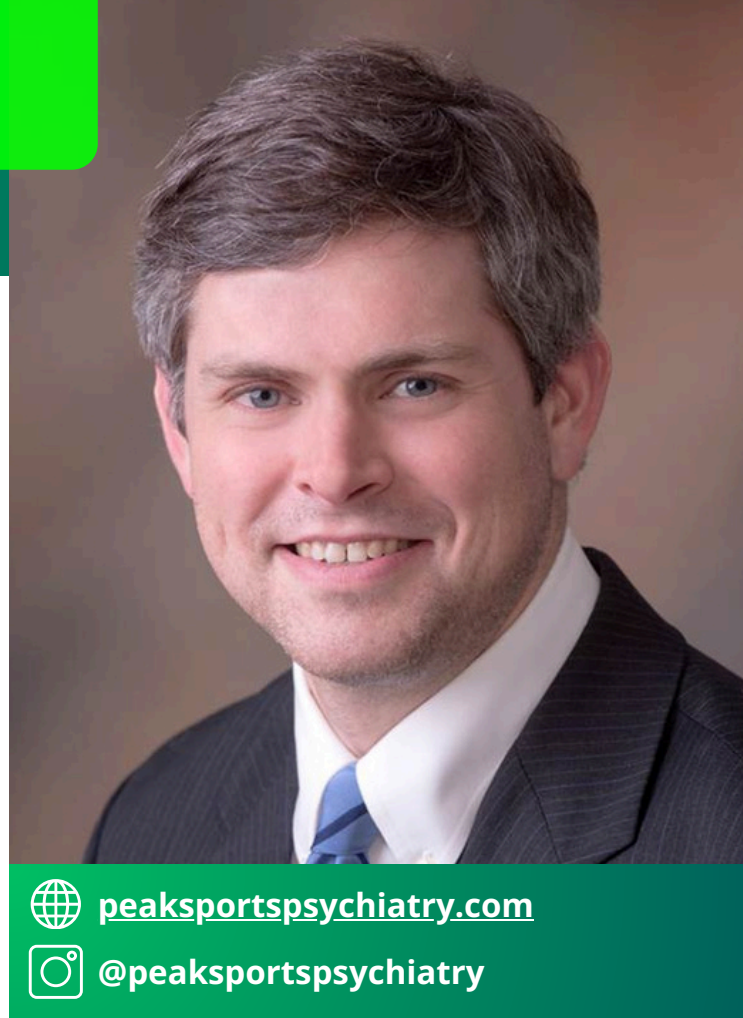
- The Confidence Coach: How to be your own internal cheerleader
- Healing from trauma through your sport identity
- Body image and eating disorder mental health healing
- Leadership in life as an athlete
- Leadership as a coach (the professionals handbook to successful leadership)
- Attaining Acceptance and Committing to the Here & Now
- The grief & loss of sport identity

MARK ALLEN, M.D.

Dr. Allen is a double board-certified child, adolescent, and adult psychiatrist. He completed his medical education and general psychiatry residency at the University of Texas Health Science Center at San Antonio, followed by a child psychiatry fellowship at New York-Presbyterian-Columbia & Cornell. Additionally, he spent a post-fellowship year with the Canterbury District Health Board in Christchurch, New Zealand.

Dr. Allen has extensive sport-specific training, including earning the International Olympic Committee's Diploma in Mental Health in Elite Sport, the FIFA Diploma in Football Medicine, and the ISSP's official sports psychiatry certification program. He serves as the Chairman of the American Board of Sports & Performance Psychiatry (ABSPP) and is an editorial board member of *Sports Psychiatry: The Journal of Sports & Exercise Psychiatry*.

In his clinical practice, he works with athletes of all levels, from high school to the Olympics and pros --currently, he acts as the consulting psychiatrist for the Los Angeles Dodgers baseball club, and he is the medical director of an athlete-specific eating disorder program (EDCare's Athlete EDGE). Dr. Allen has a specific passion for promoting sports participation as an important (and healthy) component of youth development, and is a contributor to the youth sports mental performance platform, MaxU.



Programming and Topic Ideas:

- Eating Disorders in Sport
- Performance Anxiety, The Yips, & Superstitions
- Depression in Athletes
- Athletic Identity, Injury, Retirement, and Transition out of Sport
- Substance Abuse in Athletes
- Social Media & Wellbeing
- Concussions
- LGBTQIA+ Allyship in Sport & Creating Safe Spaces
- Understanding the Mind of the 21st Century Athlete

MADELINE BARLOW, PHD

Dr. Barlow completed her PhD in the Psychology of Human Movement, specializing in Exercise and Sport Psychology. After the end of her swimming career, Madeline recognized the difficulty of transitioning out of sport. She is most passionate about helping athletes find their next step after competition and tackle life with renewed energy and confidence!

The Mind-Wise Method is her Mind-Body healing program for current and former athletes. Madeline provides support and guidance as her clients "un-become" conditioned beliefs that no longer serve them and begin to embody their true self with confidence, in and out of sport!

She is also a certified reiki healer and believes wholeheartedly in holistic wellness. She is the author of two books: *The Highly Sensitive Athlete: How to Embody the Magic of Your True Self in and Out of Sport*, and *Athlete to Entrepreneur: Powerful Stories of Transition from Players to Professionals*



 mindwisementor.com

 @mindwisementor

Programming and Topic Ideas:

- Book talks with copies of book available for purchase by individual or groups
- Building confidence from within
- The Empowered Athlete: using your voice to advocate for yourself and others
- Quieting the inner critic
- Moving through emotions in sport
- Navigating the transition into life after sport
- Present moment awareness: how it affects mental wellbeing & sport performance
- Flipping the script on performance anxiety
- Reframing your fear of failure
- Rebounding (mentally) from an injury
- How to fall back in love with your sport
- Conditioning vs. Character: what sport really teaches us and how to re-write your beliefs to align with your true self

CHRISTEN SHEFCHUNAS

Christen is a Professional Confidence Coach who works with World Record holders, Olympians and NCAA Champions.

She is a former All American Swimmer at the University of Tennessee and coached for 16 years, spending time as an assistant coach at Michigan State and SMU and Head Coach at the University of Miami.

During her time as a coach, Christen saw too many athletes miss out on their potential because they didn't know how to handle the pressure. Realizing that there was a significant lack of resources for these athletes, Christen left her coaching career and started Coach Christen, a business focused on helping athletes handle pressure and build their confidence.

She works one-on-one as a confidence coach with some of the best athletes in the world and she is a sought after speaker, speaking to teams, athletes, coaches, parents and business leaders about how to handle the pressure and how to build consistent confidence in the inconsistent world of sports.



 coachchristen.com

 [@coach_christen](https://www.instagram.com/coach_christen)

Programming and Topic Ideas:

SEASON PACKAGE

You and your team can create a custom plan and work with Coach Christen throughout your entire season in person and/or over Zoom.

CONFIDENCE TALK (1.5 hours + Q&A)

Topics: How to handle performance anxiety, fear and doubts; how to perform at your best when under pressure; how to build REAL confidence that lasts; how to find consistent confidence, even through disappointments and failure.

CONFIDENCE TALK + ONE on ONE CONFIDENCE COACHING

Spend one hour with Christen as she shares her Confidence talk + Q&A. Next, each athlete has the opportunity to do a One on One Confidence Coaching session with Christen. (1 hour each). This will give your athlete the chance to create a personalized plan of how they can move forward into their fullest potential.

ALL DAY for ATHLETIC DEPARTMENTS/CORPORATIONS

Hire Christen for the day to speak to multiple teams and departments.

JASON WOOD

Jason turned his battle with orthorexia into a mission to break the stigma around men's mental health by publishing his memoir *Starving for Survival*. He is proud to serve on the board for Running in Silence, Michigan Eating Disorder Alliance, and SoulPaws Recovery Project. Jason is also the Director of Community Engagement at ANAD and facilitates the organization's new men's peer support group. Through speaking engagements, his writing, and his work, Jason strives to start an important conversation that encourages everyone--especially men--to speak up, share their stories, and get the help they deserve.



[mentalstormwarning.com](https://www.mentalstormwarning.com)



@mentalstormwarning

Jason's Mission:

- **ELEVATE** awareness and empower others to get the help they deserve.
- **CONFRONT** the stigma and show young men that there is strength in vulnerability.
- **ILLUSTRATE** the lived experience to equip the next generation of mental health professionals.
- **CHANGE** the narrative around eating disorders and mental health.

Programming and Topic Ideas:

- Changing The Narrative Around Eating Disorders
- Confronting The Stigma Around Men's Mental Health
- Challenging Diet Culture Norms & Redefining Health
- Enough Already: Cultivating Self-Compassion
- Internalized Homophobia & Mental Wellness
- Sober Vibes: Sobriety & Mental Wellness

CHAZ DONATI

Chaz is a recovering sports gambling addict, who has transformed his life and now dedicates his energy to helping others through his self-created mental health concept, "Find Your MORE." Athletics have played a huge role in his life having played ice hockey for 20 years, baseball for 13 years, and is currently an avid golfer and IRONMAN endurance athlete competitor.

Today, Chaz is focusing on completing his Master of Science in Psychology, while building his Performance Coaching business; Find Your MORE Performance, LLC. He works with individuals in recovery, spouses, athletes, and anyone in need of self-discovery due to mental health concerns. Chaz's lived-experience in sports and with addiction makes his content relatable, as well as educational. Chaz navigates his own struggles in hopes to bring "real" meaning to everyone's lives through their own personal version of "Find Your MORE."



 chazdonati.com

 [@chazdonati](https://www.instagram.com/chazdonati)

Programming and Topic Ideas:

- Self-discovery for athlete's life during and after sport
- Relatable mindset and life skills
- Find Your MORE Program
 - Origins of self-made concept
 - Workbook surrounding Motivation, Opportunity, Routine & Energy
- Gambling Harm and Prevention
- 7-Day Gambling Addiction Recovery Playbook
- 1:1 Personal Coaching:
 - Gambling Addiction; individuals looking for recovery options and support
 - Spouses; trying to navigate approaches to handling addiction
 - Athletes; managing day-to-day life expectancies
- Personal mental health challenges in day-to-day life

KRISTYNA BERTOLONE

Kristyna is the owner and founder of Game Changers Mental Performance Coaching, founded in 2021. She is a former Division II athlete and holds a Bachelors degree in Exercise Science and a Masters in Education with a concentration in Curriculum Development.

Her education allowed her to teach physical education and coach high school field hockey and softball in Connecticut from 2007-2021 and developed her love for creating resources to aid and assist in the education of students and athletes.

She spent 10 years writing and developing curriculums for school districts on various topics which has led her to creating workshops and presentations for the Game Changer community she serves. Now she travels the country working with athletes and coaching staffs of all ages, genders and sport on all things mindset, team culture and leadership. It is her hope that through conversations, interactions and digital resources that anyone and everyone feels empowered to go out there and change their own game!



 thementalgameisthegame.com

 @gamechangers____

Programming and Topic Ideas:

Team Culture Development:

- Tailored sessions for athletic programs that focus on building strong, cohesive, and high-performing teams starting with foundational work and including goal setting and new communication skills.

Leadership Development:

- Workshops aimed at equipping coaching staffs', program directors and athletes aspiring to be leaders on and off their team with the tools and mindset to lead with confidence and clarity in a day and age where individualism seems to be valued more than the whole.

Mental Performance and Mindset Skills:

- Equipping athletes and coaches with techniques to improve focus, resilience, and mindset- empowering them to perform at their best, especially in high pressure situations. Helping to identify the difference between what is difficult and what is detrimental in and out of sport.

MEAGHAN LATELLA

Meaghan is a career coach and the founder of TideShift Coaching. As a former D3 student athlete, she has a passion for helping student athletes make a smooth transition from student life to professional life.

Meaghan began her career as a sports journalist before pivoting into marketing and sales. After working for several early stage startups in the sporting goods and fitness industries, she found her niche in recruiting & helping to scale teams. As a career coach, Meaghan applies her background in

recruiting to guide her clients on a path of career discovery. Through LinkedIn optimization, resume editing, and interview coaching, Meaghan's goal is help her clients make a career transition with confidence.



 [linkedin.com/in/meaghan-latella](https://www.linkedin.com/in/meaghan-latella)

Programming and Topic Ideas:

- Getting Clear on Your Career Goals
- Uncovering Your Soft Skills: Recruiters Love Student-Athletes!
- Interviewing Confidently: How to Tell Your Story
- Navigating LinkedIn
- Networking: How to Build Professional Relationships
- Practice Interviews
- 1:1 Career Coaching
- Team and Group Workshops