

EVA MAENHOUT

Mental Coach in Topsport

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Office: Gandastraat 73, 9000 Gent

EXPERIENCE

Maenhout & Perquy (Fulltime)

Mental coaching and training of professional athletes and coaches, inspired by a positive coaching philosophy.

Tailor-made consulting & coaching for individuals, teams, coaches & organizations.

2008-today

TEAM SPORTS

Football

- **Belgian FA (since 2009)**: mental profiling of young international players (U16 to U21); mental screening and coaching of technical staff; advice on support of youth international players; input for trainer education programs and symposia KBVB, VFV (Flemish division) and ACFF (Walloon division); development of coach education program "Psychology for Football" (+300 trainers); education of youth trainers and teachers at Top Sport Schools in Belgium; mental coaching of players in elite football schools (profiling, coaching by means of mental workbook)

- **KA A Gent (since 2012)**: mental screening and coaching of high potential youth players and their coaches

- **SV Zulte Waregem (2011-2012)**: coach-the-coach and mental screening A-squad

- **Eendracht Aalst (2012-2013)**: mental screening and coaching of U21 and their coaches

- Projects at **Cercle Brugge** (education youth coaches, teambuilding A-squad), **Nike Football Training** (mental screening), **KVV Koninklijke Vlaamse Voetbalbond** (education youth coaches)

- Co-author of mental workbook for young football players "Scoren met het hoofd"

Basketball

- **Telenet Oostende (since 2009)**: mental screening of players and coach-the-coach Dario Gjergja

- Organisation of coach education "Psychology of the basketball coach" at **JBOC Gent** and **Basket@sea**

Volleyball

- **Knack Randstad Roeselare (2008-2012)**: coach-the-coach Dominique Baeyens and mental coaching of team & individual players

- Several assignments at **VVB Flemish Volleyball Association** (education youth coaches & referees) & **Topvolley Antwerpen** (education youth coaches)

Other

Several assignments at **KBKB National Korfbal Association** (education youth coaches), **KBHB National Hockey Association** (education youth coaches), ...

INDIVIDUAL SPORTS

- **GOLD Swimming Team (2009-2011):** coach-the-coach and mental coaching of top swimming talents on international level
- **Happy Gym Gent (2011-2012):** mental coaching of 6 high potential ritmic gymnasts on international level
- **Sipiro Ropeskipping Gent (since 2012):** mental coaching of ropeskippers on international level and education coaches
- Mental coaching of diverse **individual top athletes and promising youngsters** (cycling, gymnastics, triathlon, track & field, swimming, ...)

SYMPOSIA/CONGRESSES/SEMINARIES/GUEST LECTURER

F.ex. Presenter at Sports congress 2009 & 2010, BLOSO Day of the Trainer 2010 & 2012, teacher Flemish Trainer School, guest teacher at Flemish universities UGENT/KUL/Artevelde Hogeschool/KATHO, Organizer congress "Mental coaching in top sport", ...

Hudson Belgium

Senior Consultant Talent Management/People manager/Internal Talent Manager
Extensive experience with (competency-based) HR tools and processes: assessment & development, coaching, leadership development, training, performance management. Account & project management for multiple projects in private & public sector, both in Belgium and abroad
References at Cargill, Johnson & Johnson Medical, Betafence, VRT, KBC, ...

2002-2009

Independent sport psychologist

Mental coaching in archery and pistol shooting

2001-2002

EDUCATION

Master in Human Resources Management

EHSAL Brussels

2005-2006

Postgraduate Business Administration & Communication

Hogeschool Gent

2001-2002

Master in Clinical Psychology

Universiteit Gent

1996-2001

TRAINING COURSES, CERTIFICATES & MEMBERSHIPS

Registered at the Commission of Psychologists

Training "Acceptance & Commitment Therapy for professionals" - ACT Academie

2013-2014

Training "Appreciative Inquiry" - Quintessence Consulting

2013

Congress "The neuroscience of leadership effectiveness" London summit - <i>Neuroleadership Institute olv. David Rock</i>	2013
Intensive course Paris "Conflict & crisis management in elite & Olympic sport" - <i>Psychological Excellence for Elite Performance by Paul Wylleman</i>	2012
2nd National Football Symposium "From football to Psychologie" – Dutch Football <i>Academy by Raymond Verheijen</i>	2011
Certified practitioner in EMDR (Eye Movement Desensitization and Reprocessing) - <i>Lid van EMDR-Belgium</i>	2011
Specialisation "Action Type in football" <i>Pieter Gallas</i>	2011
Member of FEPSAC – European Federation of Sport Psychology	2011-today
Certified professional in biofeedback: impact of heart rhythm variation and coherence on sports performance & stress reduction <i>Heart Math Institute Benelux</i>	2010
Active member of BES - Bloso Experts Sport psychology	2010-today
National Coach Congress - The Netherlands	2009
Active member of INFP - International Network for Football Psychology	2009-today
Active member of VVSP – Flemish Federation of Sport Psychology	2008-today
Certified in Action Type – MBTI/personality types applied to sports <i>Arko The Netherlands</i>	2008
OS-tentatief – Seminar about mental coaching of Olympic athletes	2008
Mental coaching – Seminar Dutch Tennis Association	2008
Sport psychology & mental training – Johan Desmadryl	2008
Business for non-business program <i>Vlerick</i>	2007-2008
Certified lead assessor <i>Hudson</i>	2006
Certified in Myers Briggs Type Indicator <i>OPP The Netherlands</i>	2004
Certified assessor (assessment & development centers) <i>De Witte & Morel</i>	2002