

BIOGRAPHY

PATRICK J. COHN, Ph.D.

Mental Game Coach and Sports Psychology Expert

As the president and founder of Peak Performance Sports (Orlando, Florida), **Dr. Patrick J. Cohn** is dedicated to instilling confidence and composure, and teaching effective mental game skills to help athletes, teams and corporate professionals perform at maximum levels. In



addition to working with athletes and teams, Dr. Cohn teaches parents, coaches and athletic trainers how to help athletes achieve peak performance through sports psychology skills.

Having earned his doctoral degree in Education specializing in Applied Sports Psychology from the University of Virginia (1991), Dr. Cohn has extensively studied and interviewed thousands of athletes to develop strategies to enter “the zone” faster and stay there longer. Experts in the field of sports psychology regard him as the leading authority for **entering the zone** and **pre-performance routines**.

Dr. Cohn works with **athletes and teams worldwide** from a variety of sport backgrounds. He has consulted with the likes of the **Miami Dolphins, Brian Watts, J.L. Lewis,** and **IBM**. His experience as an athlete, researcher, and mental game coach has helped hundreds of athletes as well as athletic and corporate teams identify the mental obstacles that prohibit peak

performance. Whether you're an **amateur**, a **seasoned professional** or simply **dedicated to climbing the corporate ladder**, Dr. Cohn provides solid strategies proven to help athletes, performers, and professionals enter the zone to perform at higher levels.

Not only is Dr. Cohn known as one of the **nation's leading mental game coaches**, he is a **recognized author** (with more than four books to his credit) and sought after as a **professional speaker**. He has served as a sports commentator for the Golf Channel and has been a featured columnist for trade publications such as *Golf Magazine*, *PGA.com*, and *Golf Digest*. At the start of his practice, Dr. Cohn was best known for assisting golfers make the most of their game. Over the past several years, the scope of his work has broadened to encompass athletes in all disciplines. Regardless of the sport, Dr. Cohn works to instill confidence for the competitive edge in all athletes.

Professional Member of the Association for the Advancement of Applied Sports Psychology (AAASP)

INSTILLING CONFIDENCE FOR A COMPETITIVE EDGE

PEAK PERFORMANCE SPORTS

Professional Presentations

August, 2003

Mental Skills for Successful Swimming

2003 Niagara County Swim League Conference,
Fredonia, NY

April, 2003

Six Mental Skills for Success in Sports and Life

Seminar presented to Executive Sports Club of Orlando.
Orlando, FL

May, 2002

Going Low: Playing Golf Without Self-Limiting Expectations

Executive Golf LTD. Seminar presented to Ford Credit.
Bend, OR.

July, 2001

Developing a Championship Mindset for Football Coaches and Their Players

Seminar Presented to Miami Dolphins Coaching Staff.
Miami, FL

May, 2001

Making Positive Choices in Attitude

Seminar presented to Investment Leadership Network.
Phoenix, AZ.

January, 2001

Attitudes for Success in Sports and Business

Seminar Presented to IBM Canada at a week-long seven-day sales seminar meeting.
Toronto, ON.

April, 1999

Helping Athletes Enter the Zone

11th Annual Clinical Symposium of the Athletic Trainers Association of Florida (ATAF)
Orlando, FL.

April, 1997

Sports Psychology: Managing Performance Anxiety

9th Annual Clinical Symposium of the Athletic Trainers Association of Florida (ATAF)
Orlando, FL.

February 9, 1996

The Psychology of Peak Performance

North Florida PGA East PGA education seminar Central chapter
Orlando, FL.

October 28-November 1, 1992

Understanding and Enhancing Confidence in Athletes: From Research to Practice

AAASP National Conference
Colorado Springs, CO.

April 7-11, 1992

Developing Psychological Skills of Collegiate Athletes: Issues and Strategies.

AAHPERD National Convention
Indianapolis, IN.

April 3-6, 1991

Understanding and Utilizing Pre-performance Routines

1991 AAHPERD National Convention
San Francisco, CA

June 25-30, 1990

Peak Performance and Peak Experience in Sport

1990 University of Virginia Sports Psychology Conference
Charlottesville, VA

Publications

Book on Audio or CD

Think to Win: How to Manage Your Mind on the Golf Course (1995)

Great Putting--Right Now! Using Your Mind to Putt Your Best (1998)



"Dr. Patrick Cohn's mental preparation strategies have been very helpful in my career. He's taught me how to practice with a purpose and to play well without worrying about perfect mechanics."

--Brian Watts, PGA Tour
12-time winner on the Japan Tour

Books

The Mental Game of Golf: Using Your Mind to Putt Your Best (March 1994)

The Mental Art of Putting: A Guide to Peak Performance (January 1995)

Peak Performance Golf: How Good Golfers Become Great Ones (April 2000)

Going Low: How to Break Your Individual Scoring Barrier (January 2002)

Video Tape

Make Your Most Confident Stroke: A Guide to a One-Putt Mindset (1996)

Other Publications

Focus! Mental Strategies to Zone Concentration (2003)

Confidence! Mental Strategies to Think Like a Champion (2003)

Education

Ph.D.

Applied Sports Psychology
University of Virginia
May, 1991

M.S.

Applied Sports Psychology
California State University, Fullerton
August, 1987

B.S.

Exercise Science and Physical Therapy
State University of New York at Buffalo
May, 1985

B.A.

Psychology
State University of New York at Buffalo
May, 1984