

# WinMan Performance Psychology Consultant



## Saul Shrom

Saul Shrom is a former NCAA college and professional tennis player. He grew up in Winnipeg and played out of the Otto Tennis Academy at the Winnipeg Winter Club. He moved to Pueblo, Colorado in August 2010 to attend Colorado State University on a tennis scholarship. He graduated in May 2014 with an Honours Bachelors Degree in Psychology.

Upon graduation, he played 14 months on the professional tennis circuit. While on tour, he competed all around the world and worked individually with a mental training consultant. The work that he and his consultant did together empowered him to reach his highest level of play on and off the court. In fact, it inspired him to follow the educational path to becoming a performance psychologist in the hopes of allowing other athletes and performers in other domains to feel the level of empowerment he did while on tour.

Since ending his professional career in July 2015, Saul has worked with several athletes in Manitoba, including the Miles Mac Varsity Boys Volleyball team, as well as numerous tennis players. He has assisted them in reaching higher level of performance through narrowing their focus on the things that they can control, managing their in-game thoughts and feelings, enhancing their preparation and implementing other techniques to promote positivity.

Saul will be starting a Master's degree in September 2016 before earning a PhD and becoming licensed as a performance psychologist. He places great emphasis on the growth mindset and loves seeing how the performance psychology techniques that he shares with his athletes helps them in other domains, and not simply just their sport.

Saul will be working as a consultant to WinMan athletes and is looking forward to the opportunity.

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