

Piotr A. Piasecki, M.H.K.

Contact Information:

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Education:

- 2018 – present Dual-Degree, Adler University:
Master of Science, Sport & Human Performance
Master of Arts, Counseling, Specializing in Rehabilitation Counseling

Supervisor: Dr. Teresa Fletcher
- 2016 - 18 *Master of Human Kinetics*, Sport & Exercise Psychology, University of Windsor

Thesis: Using Mindfulness Meditation as a Team Building Tool to Enhance
Perceptions of Cohesion, Mindfulness, and Emotional Competence: A
Pilot Study

Supervisor: Dr. Todd M. Loughead
- 2011 - 15 *Bachelor of Arts*, Psychology with a minor in Theology, Nyack College

Work Experience:

- Jan. 2020 – present Chicago Fire Football Club Position: **Mental Performance Consultant**
- Role consists of working with youth in the academy through the Performance, Advisory and Support Services (PASS) program. Working with athletes from 12 years of age up to 18 years of age.
 - Facilitate team workshops ranging in topics of attitude, motivation, goals and commitment, self-talk, mental imagery, managing anxiety and emotions, and concentration.
 - Have also been working with athlete's one-on-one on a needs basis working on performance consulting, counseling, or academic support.
- Oct. 2019 – present North Park University Athletic Department Position: **Mental Performance Consultant**
- Role responsibilities include the delivery of a holistic approach to student-athlete development through one on one consulting, facilitating workshop. And providing support services across the athletic department.
 - Engage in team, small groups or individual player and coaches' meetings to support mental performance services.
 - Providing support and counseling for athletes, prescribe techniques to help individuals overcome challenges, and developing a positive culture among players, coaches, and teams.

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Sep. 2018 – present Adler University Position: **Graduate Assistant**

- Currently work alongside the director of the rehabilitation counseling program at Adler University.
- Assist in conducting research, preparing data and information for projects (i.e., lectures, presentations, research etc.) using appropriate software, and synthesizing information.
- Preparing presentation material for symposium (i.e., 7th Annual Abilities Symposium at Adler University; Spring 2019).

Sep. 2019 – Dec. 2019 Adler University Position: **Teaching Assistant**

- Teaching assistant for a graduate level course titled *Human Growth and Development* (first year students).
- My responsibilities included commenting on students work (discussion posts and homework assignments).
- Provided APA writing assistance for students who needed additional help in writing at the graduate level.

Jan. 2019 – May 2019 HealthTrack Sports Wellness Position: **Mental Fitness Coach**

- Pitched, created and piloted a program designed as a health and wellness program to strengthen and mature the emotional IQ of participants in their lives and exercise endeavors. Coached individuals in group workshops from a variety of different ages. Taught breath awareness, attentional focus, body scans for injury prevention, performance mindset, mindfulness for reducing anxiety, and provided practical steps for developing healthier recovery habits.

Aug. 2017 – Jun. 2018 University of Windsor Athletic Department Position: **Mental Performance Consultant**

- Position entailed developing, organizing and leading team-building workshops with various athletic teams. Focused on areas where the team lacked coherence (i.e., coach-athlete relationships, and athlete-athlete). This also included working with athletes one-on-one, specifically players returning from injury and transitioning back into full contact play.

University of Windsor Women's Soccer Position: **Assistant Coach**

- Focused on goalkeeper training, defensive tactics, and distributing play from the defense. Assisted the Head Coach on making decisions on and off the field (i.e., practices, games, and during times of travel).

Sept. 2016 – May 2018 University of Windsor Position: **Graduate Assistant Professor**

- Responsible for grading assignments, papers, and exams. Along with formulating questions for exams.
- Communicating to undergraduate students what is required of them as well as leading them through lectures.
- Explaining difficult concepts in Sport and Exercise Psychology clearly and concisely.
- Counseling students experiencing difficulties in the course.

References upon request

Jan. 2014 – Jan. 2015 Nyack College **Center for Scholarship and Global Engagement**

- Had the responsibility to plan events and manage the social media accounts.
- Welcoming scholars and organizing logistics to speak at school conferences as well as our very own Nyack College Scholars Symposium.

Jan. to Dec. 2014 Nyack College Position: **Admission Counselor**

- Responsible for communicating with prospective students through telephone and email.
- Leading campus tours for visitors (tour groups varied from one person to 20 people).

Service:

Oct. 2019 - present Association for Applied Sport Psychology – **Mindfulness Special Interest Group Chair**

The chair is responsible for the creation and facilitation of special interest group (SIG) events or virtual meetups throughout the year. This requires quarterly meetings with SIG members and collaborating with members on a newsletter that is sent to all individuals with Association for Applied Sport Psychology memberships.

July 2019 - present Adler Sport and Health Association – **President**

The president facilitates meetings and establishes an agenda. Monitors how time is spent in each meeting and throughout the year so ASHA operates effectively. They ensure that all student organization requirements are met regarding the social justice, social, and education obligations. The president collaborates with the faculty advisor for guidance and requests their involvement in meetings. This role represents ASHA in a professional manner at all events and meetings.

Aug. 2019 American Psychological Association Convention – **Accommodations and Disabilities Resource Room**

The accommodations and disability resources room was established to promote the full inclusion of individuals with disabilities at the APA annual convention. Assisted members with disabilities in navigating the layout of the convention center and hotels. Assisted members if they need help navigating the convention program booklet, other related documents or telephone application.

June 2019 Baylor University Faith and Sport Institute – **Workshop facilitator/Consultant**

The Faith and Sport Institute at Baylor University is a seven-day retreat for student-athletes to test their mind, body, and spirit. They engage in academic sessions and athletic competition focused on five theological principles: faith, love, discipline, hope, and courage. It's meant for young men and women to cultivate their leadership in sports, church, and beyond. The retreat combined with a year of mentorship, is meant to help young adults ask the big life questions, deepen their integrity and spiritual leadership, and develop convictions and character to equip them for the race of life.

Oct. 2018 – June 2019 Adler Sport and Health Association – **Social co-chair**

Was responsible to work with the social chair in organizing monthly social gatherings between all Adler Sport and Health Association members. Help assist in the planning, budgeting, and creation of the end of semester events.

Jan. - May 2019 Ross Initiative in Sports for Equality (RISE) – **Building Bridges Program**

Building Bridges is an enrichment program that brings youth and law enforcement together in Chicago using the Boys and Girls club. The program engages 70 teens in 2.5-hour sessions on Tuesday evenings featuring a combination of on-court basketball programming and hands-on learning developed by RISE focused on leadership, conflict resolution, identity and diversity.

Sept. 2018-June 2019 Chicago Eagles – **Social Justice Internship / U-18 Boys Assistant Coach**

The Chicago Eagles are a division of Missionary Athletes International (MAI). Chicago Eagles is committed to discipling youth through an excellent soccer experience. The hope is for youth to grow in their faith and in their sport. The social justice focus is in sending coaches and volunteers to form teams and penetrate underserved diverse communities in the western Chicagoland suburbs.

Aug. – Nov. 2015 Monsignor John Pereyma Catholic Secondary School – **Boys Soccer Head Coach**

This position required time management skills along with organizational skill with organizing trials for all the boys that were interested in the team. Responsibilities also entailed organizing training sessions, figuring out disciplinary issues and motivate the young men to compete at their ultimate best.

Research & Scholarship:

- Erega, A., Brutus, A., Piasecki, P. A., & Low, W. (2019). *Sport Psych Works: Leadership Identity Development in Sport*. American Psychological Association, Division 47 Society for Sport, Exercise & Performance Psychology. Found here: <https://www.apadivisions.org/division-47/publications/sportpsych-works/identity-development-sport.pdf>

Manuscript in Revision

- Piasecki P. A., Loughead, T. M., Paradis, K. F., & Munroe-Chandler, K. J. Using a team-based mindfulness meditation program as a team-building tool to enhance cohesion. Submitted to *The Sport Psychologist*.

Presentations:

February 2020 Midwest Sport and Exercise Psychology Symposium

- *Exploring Clinical Supervision Models to Investigate Best Practices for Certified Mental Performance Consultants Mentorship*. (Piasecki, Samp, & Fletcher, 2020), Normal, Illinois, USA.

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Adler University Eighth Annual Adler Abilities Symposium

- Published poster, *How Different or Similar is the Psychological Environment for Paralympic Sport Athletes to Full Able-Bodied Olympic Athletes?* (Piasecki, 2020), Chicago, Illinois, USA.

May 2019

Adler University Social Justice Symposium

- Panel presentation (20 min). Presented a Social Justice Practicum experience in partnership with the Chicago Eagles. This practicum consisted of 200 documented hours in multiple roles.

February 2019

Midwest Sport and Exercise Psychology Symposium

- Published poster, *Using Sport and the Practice of Mindfulness Meditation as a Vehicle to Mediate a Discussion About Symbolic Racism: A Pilot Study* (Piasecki & Diaz, 2019), Lexington, Kentucky, USA.

July 2018

Master Thesis Defense at the University of Windsor

- Piasecki, P. A. (2018, July). *Using Mindfulness Meditation as a Team Building Tool to Enhance Perceptions of Cohesion, Mindfulness, and Emotional Competence: A Pilot Study*. Thesis Defense (University of Windsor), Windsor, Ontario, Canada.

Mar. 2018

Eastern Canada Sport and Exercise Psychology Symposium

- Piasecki, P. A., Loughead, T. M., & Munroe-Chandler, K. J. (2018, March). *The Effectiveness of Mindfulness Meditation Training on Perceptions of Team Cohesion*. Presented a completed study at the meeting of the Eastern Canada Sport and Exercise Psychology Symposium (ECSEPS), Montreal, Quebec, Canada.

Oct. 2017

Canadian Society for Psychomotor Learning and Sport Psychology Conference

- Published poster, *Fast or Slow? Investigating Player Approach Speed in National Hockey League Shootouts and its Effects on Performance* (Hoffman M., Boivert M., Piasecki P., Loughead T., & Dixon J., 2017).

Feb. 2017

Midwest Sport and Exercise Psychology Symposium

- Piasecki, P. A., Loughead, T. M., & Munroe-Chandler, K. J. (2017, February). *The Effectiveness of Mindfulness Meditation Training on Perceptions of Team Cohesion*. Presented a proposed study at the meeting of the Midwest Sport and Exercise Psychology Symposium (MSEPS), Detroit, Michigan, USA.

Winter 2014/2015

Nyack College Scholars Symposium

- Undergraduate poster presentation in the winter of 2014 (political science) and presented a poster the following winter in 2015 (biology and phage therapy).

References upon request

Guest Lectures:

Fall 2018

Adler University

- Exercise Psychology in Rehabilitation Populations

Winter 2018

University of Windsor

- Imagery Effects on Performance

Fall 2017

University of Windsor

- Fundamentals of Complementary and Alternative Therapies
- Applied Sport Psychology
- Principles of Coaching in Soccer

Fall 2016

University of Windsor

- Fundamentals of Complementary and Alternative Therapies
- Group Dynamics in Sport

Certifications:

Jan. 2020

Certified Koru Mindfulness Instructor

Koru Mindfulness® is an evidence-based curriculum specifically designed for teaching mindfulness, meditation, and stress management to college students and other young adults. The curriculum consists of three components: (1) **Koru Basic** is an introduction to mindfulness and meditation. Taught as a weekly, 75-minute class over four weeks by a trained and certified Koru Teacher; (2) **Koru 2.0** is an advanced class for students who have completed Koru Basic and are eager for more mindfulness. This course also consists of a weekly, 75-minute classes taught over four weeks; (3) **Koru Retreat** is a half-day silent, mindfulness retreat for students wanting to try a more intense mindfulness experience.

Experiences include teaching at the University of Windsor (Canada), HealthTrack Sport and Wellness (Glen Ellyn, IL), and Adler University (Chicago, IL).

Additional Experience:

Fall 2017

Interviewed on CJAM 99.1 FM (Windsor and Detroit radio station)

- Was asked about topics relating to sport and overall performance psychology.
- Shared my own vision for building a private practice and briefly explained what it would entail.

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Professional Affiliations:

- Adler Sport and Health Association
 - Current President
- Canadian Society for Psychomotor Learning and Sport Psychology
- American Psychological Association
 - Division 47 - Society for Sport, Exercise, and Performance
- Association for Applied Sport Psychology
 - Mindfulness Special Interest Group Chair
- International Society of Sport Psychology

Language: Fluent in Polish.

References upon request