

Dr Jay-Lee

Sports Psychologist

Master of Psychology, PhD (Sport and Exercise Psychology)

Dr Jay-Lee Longbottom completed a Master of Psychology at California State University, Fullerton and a Doctor of Philosophy (PhD) in Sport and Exercise Psychology at The University of Western Australia. She is a member of the Australian Psychological Society and is registered with the Australian Psychological Board. Prior to Jay-Lee's academic journey in psychology, she obtained academic All-American honours as a NCAA Division 1 scholar-athlete in the USA from 2002–2005.

In addition to being part of team at Mental Notes Consulting, Jay-Lee presently consults to the Singapore Sports School as their Head of Sports Psychology Unit. In this role she works with talented Singaporean youth athletes and coaches in a variety of sports to integrate psychological skills into their training and competition. The work involved with each of the sport academics included individual consults, workshops, presentations, competition coverage, as well as high performance planning. Prior to moving to Singapore Jay-Lee serviced the Western Australian Men's Gymnastics High Performance Centre, as well as Golf Western Australia. The golf clientele included men's trainee teaching professionals and elite amateur players.

Jay-Lee has also taken on various advocate roles in sport psychology including the position of International Student Representative for the US based Association for Applied Sport Psychology in 2010, Lecturer for Sport Medicine Australia, and a contributor to the Mind and Body Lift-out in The West Australian Newspaper. The focus of Jay-Lee's academic research includes perfectionism, motivation and self-presentation in sport and exercise. Jay-Lee has published articles and book chapters in a range of topics in sport and exercise psychology. Her co-authored research article on choking in golf was rated most viewed publication in 2010 on the Journal of Sport and Exercise Psychology's webpage. Jay-Lee's most recently published book is titled: An examination of maladaptive and adaptive perfectionism in exercise: Does perfectionism energise or compromise one's exercise endeavours?

Jay-Lee's publications in exercise psychology are the direct result of her passion for exercise and her previous work in the health and fitness industry as the program manager and personal trainer for the Corporate Fitness Program at the University of Western Australia. In this role, Jay-Lee harnessed her skills in wellness coaching and the application of motivation science in weight loss planning and lifestyle change for busy professionals.

Specialities:

Jay-Lee's specialty sports are golf, gymnastics, and tennis, however she has experience working with sports such as swimming, shooting, football, track and field, motor cross, and equestrian. Jay-Lee is passionate about nurturing talented athletes to achieve greater self-confidence and designing customised psychological skills training to help young talent take their sport to the highest level.