

CURRICULUM VITAE

JOSEPH M. MANNION

AllWorld Performance, LLC
St. Louis, MO, USA 63005
17295 Chesterfield Airport Rd., Suite 200

Tel: 314.265.4271 (International +1)
Email: joe@AllWorldPerformance.com
Citizenship: USA (birth), Ireland (descent)

■ EDUCATION

Master of Science

Georgia Southern University Statesboro, GA, USA
Emphasis: **Sport Psychology** (August 2003)

Thesis: The predictive utility of competitive trait anxiety, social support, and daily hassles for athletic injury. Chair: Charles Hardy, PhD. Adviser: Kevin Burke, PhD.

Graduate Study Abroad

Victoria University of Technology Melbourne, VIC, Australia
Emphasis: **Sport Psychology** (Fall 2001, Fall 2002)

Activities: Two elective semesters of sport psychology classes in the Master's program, professional practice, and psychodynamic supervision under Mark Andersen, PhD, and Harriet Speed, PhD. Additional study in the psychology of serious illness (e.g., chronic fatigue, cancer) and non-sport injury (e.g., amputation, paraplegia, brain injury). Classes officially registered on Georgia Southern University Master's transcript.

Bachelor of Science

Texas Christian University Ft. Worth, TX, USA
Major: **Psychology** (May 1998)
Minor: **Religion** (18 Credit Hours)

Activities: Resident assistant for 3 years, TCU Leadership Institute, Founder of Pi Kappa Phi, Eta Chi chapter, 4 year PRISM Leadership Program, Senior Leadership Forum, Senior Leadership Retreat

■ ACADEMIC APPOINTMENTS

2009 – Present

Logan College
Master's Program in Sports Science & Sports Rehabilitation
St. Louis, MO, USA

Instructor: Responsible for teaching Psychology of the Athlete (MSR 5100), an introduction to the history, theory, and practice of sport psychology, with special attention to the psychosocial aspects of athletic injury rehabilitation. Has included student role-plays, an innovative term paper, technique demonstrations, and the college's first in-class (live and interactive) Wimba webconference with an Olympic track athlete, 2 weeks prior to the World Championships.

1999 – 2001

Georgia Southern University
College of Health and Professional Studies
Department of Health and Kinesiology
Statesboro, GA, USA

Graduate Teaching Assistant: Awarded an assistantship with full tuition waiver and stipend. Taught 21 health and fitness classes (e.g., Self-Defense and Beginner and Intermediate Golf) over four semesters to approximately 500 undergraduate students. Responsibilities included creating curriculum and testing protocols (written and skills based), grading, and reporting final grades to the University. Also, designed Excel spreadsheets for graduate peers to expedite final grade calculations and to provide the University with a cleaner looking, more detailed presentation of grades and class statistics.

■ PROFESSIONAL PRACTICE

2006 – Present

AllWorld Performance, LLC
St. Louis, MO, USA

Principal: Collaborative alliances serving the performance, enjoyment, and well-being enhancement needs of athletes, coaches, parents, performing artists, executives, and entrepreneurs.

Recent work includes:
Pharmaceutical Executive
Youth Education through Sport, NCAA Hockey Championship
Junior Elite Diver
St. Louis Summer Figure Skating Camp
St. Louis Triathlon Club
Home Depot
USA Hockey Coaching Education, Level 2 Clinic

2006 – 2007

YMCA (West County Branch)
St. Louis, MO, USA

Instructor, Mindfulness Meditation Class: Developed and taught two 7 week courses (Meditation I & II) on mindfulness and insight meditation based on (a) the work of Mark Epstein, MD, Ram Dass (nee Richard Alpert, PhD), Michael Franz Basch, MD, Joseph Goldstein, Sharon Salzberg, Jack Kornfield, PhD, and Jon Kabat-Zin, PhD, (b) insights learned in psychodynamic supervision with Mark Andersen, PhD, and in therapy with Evelyn Dubois, and (c) participation at two meditation centers. Presented as a secular practice for enhanced emotional, mental, and physical well-being.

2002

Victoria University of Technology
Faculty of Arts, Education & Human Development
School of Human Movement, Recreation & Performance
Melbourne, VIC, Australia

Sport Psychology Practicum: Elective graduate training. Due in part to visa and economic changes after September 11, 2001, two internships

in industrial and organizational psychology fell through after arriving in Melbourne. Chose to enter psychodynamic therapy with Evelyn Dubois, MAPS. Began in-depth study of Buddhist psychology, and continued sport psychology and psychodynamic training and self-study with Mark Andersen, PhD.

2001

Melbourne International Tennis School (MITS)
Melbourne, VIC, Australia

Sport Psychology Practicum: Elective graduate training and psychodynamic supervision under Harriet Speed, PhD, and Mark Andersen, PhD. Responsible for delivery of sport psychology services at MITS to junior elite tennis players, ages 11 to 17, from Australia, the Pacific Rim, and Southeast Asia. Utilized cognitive-behavioral techniques, systems theory, psychodynamic theory and techniques, and some Gestalt techniques for issues ranging from performance enhancement (e.g., recovering focus, handling competitive anxiety, coping with adverse weather) to anger management, relationship and family difficulties, depression, and suicidal ideation. Coaches and parents became clients by proxy. In psychodynamic fashion, my personal history and unconscious tendencies were discussed openly and candidly with Mark and Harriet, especially in relation to service delivery integrity.

2001

Georgia Southern University
College of Health and Professional Studies
Department of Health and Kinesiology
Statesboro, GA, USA

Sport Psychology Practicum: A semester of practice under the supervision of Kevin Burke, PhD, in partial fulfillment of the Master of Science degree with sport psychology emphasis at Georgia Southern. Primarily utilized cognitive-behavioral techniques and systems theory in collaborative work with clientele including the Golf Team, a recreational golfer, an injured member of the Cross-Country Team, and a member of the Football Team (i.e., American football). Sport psychology services were primarily for performance enhancement and light counseling. Attended bi-weekly peer supervision under the guidance of Dr. Burke.

Collaborated with Charles Hardy, PhD, and graduate peers on the design and presentation of a sport psychology workshop, The psychology of injury rehabilitation: The athletic trainer's role, for undergraduate athletic training majors to help them (a) understand their clients' emotional reactions to injury and (b) optimize the rehabilitative process through support, psychological skills training, communication, and referrals.

■ BOOKS

Mannion, J. (In progress). [Working title] *Undeclared: Iraq's elite athletes tell their stories*. Sources include academic literature, popular press, and face-to-face interviews ranging from a special envoy to Tony Blair in London to Arab-state NGO and Ministry officials in North Africa. Two lectures presented at the Annual Conference of the Association for Applied Sport Psychology. Anticipated completion by 2011.

■ BOOK CHAPTERS

Andersen, M. B., & Mannion, J. (In press). If you meet the Buddha on the football field – tackle him! In D. Gilbourne & M. B. Andersen (Eds.), *Critical essays in sport psychology*. Champaign, IL: Human Kinetics.

■ REFEREED PUBLICATIONS

Mannion, J., & Blakeley, M. (In progress). A paper examining psychosocial aspects of the torture and diaspora of Iraqi athletes under Uday Hussein, including issues of post-traumatic stress.

Andersen, M. B., & Mannion, J. (In progress). A sport psychology paper on mindfulness based performance and well-being enhancement.

■ NON-REFEREED PUBLICATIONS

Mannion, J. (2007, March). Raising healthy child athletes: The “good-enough” coach and parent. *Swim Bike Run St. Louis*, 20.

Mannion, J. (2006, November). When it hurts too bad to play: The psychology of injury and rehab. *Swim Bike Run St. Louis*, 10-11.

Mannion, J. (2006, September). Performance anxiety and arousal. *Swim Bike Run St. Louis*, 10-11.

Mannion, J. (2006, August). Sport psychology: What it is, what it isn't, and how it may be helpful. *Swim Bike Run St. Louis*, 20.

■ CONFERENCE & UNIVERSITY PRESENTATIONS

Mannion, J., & Woolsey, C. (2010, October 30). *Teaching sport psychology in interdisciplinary environments: Challenges, opportunities, applications, and outreach*. A workshop accepted for presentation at the Annual Conference of the Association for Applied Sport Psychology, Providence, RI, USA.

Mannion, J. (2009, September 17). “I was an athlete, too”: *Sport psychologist self-disclosure in the service of the therapeutic relationship*. Workshop presented at the Annual Conference of the Association for Applied Sport Psychology (Proceedings, p. 122), Salt Lake City, UT, USA.

Mannion, J. (2008, September 27). *Raising healthy child-athletes: The “good-enough” parent and coach*. Lecture presented at the Annual Conference of the Association for Applied Sport Psychology (Proceedings, p. 39), St. Louis, MO, USA.

Mannion, J., Blakeley, M., Ahmed, R., Mansour, E., & Mansour, A. (2008, September 27). *The torture and diaspora of Iraqi athletes under Saddam Hussein's regime*. Symposium presented at the Annual Conference of the Association for Applied Sport Psychology (Proceedings, p. 22), St. Louis, MO, USA.

Mannion, J. (2008, September 25). *The rise and fall of Uday Hussein as head of Iraqi sport: A psychosocial exploration*. Lecture presented at the Annual Conference of the Association for Applied Sport Psychology (Proceedings, pp. 26-27), St. Louis, MO, USA.

Mannion, J. (2002, October 20). *Homophobia in sport: A conference conversation*. Workshop presented at the National Conference of the Australian College of Clinical Psychologists, Australian Institute of Sport, Canberra, NSW, Australia. Abstract published in proceedings.

Mannion, J. (2001, October 4). *The stress-injury relationship: Anecdotes, research, and interventions*. Paper presented at the National Conference of the Australian College of Clinical Psychologists, Australian Institute of Sport, Canberra, NSW, Australia. Abstract published in proceedings.

Mannion, J. (2001, October 3 – 6). *The predictive utility of competitive trait anxiety, social support, and daily hassles for athletic injury*. Poster presented at the Annual Conference of the Association for the Advancement of Applied Sport Psychology, Orlando, FL, USA.

Mannion, J., & Graduate Peers (1999 – 2001). (a) *Flow*, (b) *Coach – athlete communication*, (c) *A solution oriented approach to team interventions*, (d) *The Group Environment Questionnaire*, (e) *Attribution (explanatory) style and self-efficacy: Learned helplessness versus learned effectiveness*, (f) *Nonverbal communication*, (g) *Cognitive restructuring: How to make self-defeating beliefs self-enhancing*, (h) *Martial arts: A positive socialization of aggression*, (i) *Stress and injury vulnerability*. Georgia Southern University, Statesboro, GA, USA

■ UNIVERSITY & PUBLIC SERVICE

2006 – 07 Family Lifestyle Intervention Plan (FLIP)
Washington University, Medical School
St. Louis, MO, USA

Physical Activity Interventionist / Program Leader: Assisted adults with cardiovascular and strength training and led weekly child exercise activities for a 9 month clinical pilot study on behavioral, family-based weight loss. Also led occasional behavioral discussions (e.g., reducing “screen” time, increasing daily non-exercise activity). Study was led by Rick Stein, PhD, at Washington University, Medical Campus, in conjunction with the West County YMCA facility.

2005 – 06 Family Lifestyle Intervention Plan (FLIP)
Washington University, Medical School
St. Louis, MO, USA

Physical Activity Interventionist / Program Leader: See previous.

2002 Sports & Family, Inc.
St. Louis, MO, USA

Intern: Coordinated a marketing campaign to educate consumers about sport psychology services. Responsibilities included market segmenting, positioning, distributing educational materials, reserving booths and talking at local athletic events, and contacting appropriate individuals in athletic organizations within identified segments.

1998 The Warm Place Grieving Center
Cook Children’s Hospital Campus
Ft. Worth, TX, USA

Grief Facilitator: Completed a 7 week (25+ hours) training series for volunteer grief facilitators. Accompanied and assisted adolescents grieving the loss of a sibling or one or both parents. Co-led bi-weekly activities and discussions.

1997 – 98

Texas Christian University
Department of Psychology
Ft. Worth, TX, USA

Member, President's Liaison Committee, Psi Chi: Invited to liaise professional and academic concerns and communications between undergraduate psychology majors, especially members of the Psi Chi Honor Society, and the president of the psychology department.

1995

Texas Christian University
Department of Psychology
Ft. Worth, TX, USA

Undergraduate Research Assistant: Assisted a sport psychology doctoral student working on his dissertation. Scored measures (e.g., SCAT), performed data entry, and retrieved and reviewed salient journal articles.

1993 – 95

Kids Under Twenty-One (KUTO) Hotline
St. Louis, MO, USA

Instructor, Crisis Worker Training: Having completed the requisite "plus" training, assisted the training of hotline workers in the "basic" class, in role-plays, and during actual crisis calls.

1992 – 95

Kids Under Twenty-One (KUTO) Hotline
St. Louis, MO, USA

Certified Crisis Worker Plus: Completed over 100 hours (approximately 80 hours for basic certification and approximately 25 hours for advanced "plus" certification) of suicide and crisis hotline training provided in conjunction with clinical social work professors at Washington University in St. Louis. Answered calls 3 hours a week, from ages 15 to 18, from teens dealing with crises ranging from relationships to immediate risk suicide. Attended monthly discussion and debriefing meetings, made follow-up calls, completed appropriate documentation, screened for "frequent" callers, and utilized emergency services when necessary.

1994

Kids Under Twenty-One (KUTO) Hotline
St. Louis, MO, USA

Member, Long Range Planning Advisory Board: Invited to represent hotline volunteers for 1 year during quarterly board meetings (composed of full time staff, psychologists, a judge, and community leaders). Helped prevent the organization from closing during a period of critical financial hardship by creating fundraisers and mobilizing volunteers.

1994

Kids Under Twenty-One (KUTO)
St. Louis, MO, USA

Instructor, Peer Helping Training: Completed life skills training series to prepare senior advisors and upperclassmen leaders to serve transitional needs of incoming freshmen in local high schools. Gave training workshops at multiple St. Louis area high schools and high school retreats.

■ PROFESSIONAL AFFILIATIONS

Association for Applied Sport Psychology, professional member

Australian College of Clinical Psychologists, past affiliation

Australian College of Sport Psychologists, past affiliation

International Society of Sport Psychology, member

USA Triathlon, age-group member

■ HONORS & AWARDS

Post Graduate & Other United Way Volunteer of the Month
United Way Volunteer of the Year, nominee
\$1000 Scholarship Award, Kids Under Twenty-One

Georgia Southern University Teaching Excellence Award

Texas Christian University Creation of the "Joe Mannion Achievement Award"
Psi Chi, National Psychology Honor Society
Who's Who Among American Colleges & Universities
Dean's List
Order of Omega, National Greek Leadership Honor Society
Order of the Lamp, National Pi Kappa Phi Academic Honor Society
Sophomore Leadership Award, nominee
Resident Assistant of the Month
Resident Assistant Program of the Month (2x)

■ COACHING & FITNESS EXPERIENCE

2007 YMCA (West County Branch)
St. Louis, MO, USA

Instructor, Triathlon Training Program: Invited to lead the sport psychology and running classes (i.e., class work and track work) of a 6 week training program. Also assisted with the swimming classes.

2006 – 07 YMCA (West County Branch)
St. Louis, MO, USA

Member, Programs Plus Committee: Invited to represent YMCA members and fitness staff at quarterly meetings designated to improve existing exercise programming and facility amenities. Assisted with creating new exercise programming and acquiring new equipment.

2005 – 07 YMCA (West County Branch)
St. Louis, MO, USA

Instructor, FitKids Class: Responsible for devising and implementing age-appropriate exercise programming (e.g., light weights, games,

stretching) with 8- to 12-year-old children during 1 hour sessions, twice a week.

2004 – 07

YMCA (West County Branch)
St. Louis, MO, USA

Y Personal Fitness Coach: Greeted and met with new YMCA members who frequently had little to no workout experience and “coached” them through a 3 month accountability program, designed to build exercise habit formation.

1993 – 97

Texas Christian University
Tae Kwon Do Club
Ft. Worth, TX, USA

Olympic Tae Kwon Do Academy
St. Louis, MO, USA

Instructor, Assistant Instructor: Taught and assisted beginner to advanced Tae Kwon Do participants in class and at tournaments.

■ COMPETITIVE ATHLETIC EXPERIENCE

2011

Plans to do Ironman Lanzarote (2.4 mi ocean swim, 112 mi bike, 26.2 mi marathon; Canary Islands, Spain, just off the NW coast of Africa)

2001

St. Croix Half-Ironman Triathlon, finisher (St. Croix, USVI)

2000 – Present

15 Triathlons (FL, IL, MO, and TN, USA, and USVI)

1998

Dallas White Rock Marathon, finisher (Dallas, TX, USA)

1997

Dallas White Rock Marathon, finisher (Dallas, TX, USA)

1996 – 97

Invited member of Lee’s Elite Black Belt Team (competed for Jr. National, National, and Olympic Team membership; Arlington, TX, USA)

1996

Member of the first team to represent Texas Christian University at the National Collegiate Tae Kwon Do Championships (Berkeley, CA, USA)
Coached by Master Chong, former World Champion and South Korean National Team member (Ft. Worth, TX, USA)
Texas Christian University Tae Kwon Do Demonstration Team (Ft. Worth, TX, USA)

1995 – 97

United States Tae Kwon Do Union (USTU) National Championships, qualified
Trained with Javier Sanchez, former USTU National Champion and US National Team member (Ft. Worth, TX, USA)

1995

Black Belt, Tae Kwon Do (St. Louis, MO, USA)
Missouri State Tae Kwon Do Champion, USTU (St. Louis, MO, USA)

■ SOFTWARE PROFICIENCIES

Adobe Acrobat Pro CS4
Adobe Illustrator CS4

Adobe InDesign CS4
Adobe Photoshop CS4
Apple iLife GarageBand (for podcasting)
Apple Final Cut Express (video editing)
Blackboard
Microsoft Office Suite, excluding Access (Windows & Mac)
Various Social Media Platforms, Content Management Systems, & Integration
SPSS
Wimba Classroom

■ RECENT MEDIA EXPERIENCE

Radio

KTRS 550AM St. Louis, MO, USA
December 29, 2009, 11:20am – 11:55am
Host: Andy Banker, Fox2 News
Other Guests: Mark Underwood, Quincy Bioscience
Topics: Sport related concussions, NFL, contingent issues

Details: Discussed reasons athletes may return to the field prematurely or continue to play despite repeated concussions, emotional reactions to athletic injury, information for parents and youth sport coaches.

Print

Small Business Monthly St. Louis, MO, USA
Jeremy Nulik, May 2009
Stop being held hostage by webmasters: Content management tools give real-time control of web presence

Details: Interviewed for a perspective on the importance of real-time website content management systems, especially when the content is related to expertise that is continually evolving.

■ REFERENCES

*Mark Andersen, PhD
Professor & Psychologist*

Victoria University of Technology, Melbourne, VIC, Australia
School of Human Movement, Recreation & Performance
Centre for Ageing, Rehabilitation, Exercise & Sport
CRICOS Provider No. 00124k
Office Tel: [International dial +61] 03.9919.5413
Email: mark.andersen@vu.edu.au

Details: Spent 8 months in sport psychology classes and in psychodynamic supervision with Mark. He has a special research interest in the training and supervision of psychology graduate students and has published numerous refereed articles and textbooks in the area. Mark has been a reviewer or editor for 8 related scientific journals and published a total of over 110 refereed articles, chapters, and proceedings. He was a charter member of the Association of the Advancement of Applied Sport Psychology and a past member of the United States Olympic Committee's Registry of Sport Psychologists. His clients have ranged from Arizona State University Athletics to the Malaysian National

Badminton Team to the Victorian Diving Association (Australia). Mark has provided dynamic supervision and mentorship since 2001.

*Phil Towle, MA
Consultant*

Enhanced Performance Coaching, LLC, San Francisco, CA, USA.
Mobile Tel: [International dial +1] 913.915.2525
Email: dreamscometrue@philtowle.com

Details: Phil has worked in performance psychology consulting with clients ranging from the St. Louis Rams to Metallica to A-list Hollywood actors and top business executives and has provided mentorship since 1999.

*Sean Richardson, PhD
Sport Psychologist*

Private Practice, Melbourne, VIC, Australia
Mobile Tel: [International dial +61] 0416.938.907
Email: sean@seanorichardson.com.au

Details: Flatmate, classmate, and incessant study partner while under the tutelage of Mark Andersen, PhD, and Harriet Speed, PhD, at Victoria University of Technology (VUT) in Melbourne, Australia. Sean received his PhD in sport psychology at VUT, rowed for the Canadian National Team, and competed on a professional windsurfing tour. He currently works in private practice and his clients include the Aussie Shooting Team, Australian Ballet, and amateur and professional golfers. We remain friends and peer supervisors to the present day.

*John Izuchukwu, PhD,
MBA, PE
CEO & Founder*

Core Devices, Inc, St. Louis, MO, USA
Mobile Tel: [International dial +1] 314.308.5188
Email: jizuchukwu@aol.com

Details: John earned his doctorate in mechanical engineering and his MBA from Northwestern University's Kellogg School of Management. He holds 19 medical device patents in the United States, with more pending. John has provided business, research, and personal mentorship since approximately 2005. Originally from Nigeria, Africa, and having been a director of global research and development for a major biotechnology company, he has also imparted keen international insight and context for a variety of endeavors.