

KATE GOODGER: I am fascinated by the mind and performance, how the mind can be your greatest asset to fuel performance and sometimes within seconds is the biggest derailer to performance. I undertook a PhD in athlete burnout. That was a result of an athlete that I was working with at the time who was experiencing burnout. What fascinated me about them and about this condition is how an individual can move from absolutely loving their sport, being passionate about it, to loathing it, resenting it, and wanting to be as far away from that sport as possible.

If you are interested in understanding more about motivation and how sometimes it can be overstretched into conditions such as burnout and overtraining, then enrol on this course. Within this course, like lots of areas of sport, you'll understand the mechanics of the things that can contribute to burnout, what the experience is like for individuals, and what can be done about it.