

THE SPORTS INTERN

INDUSTRY INSIDER



MICHELLE SEAMAN

FOUNDER & MENTAL PERFORMANCE COACH,
ELITE MINDSET CONSULTING

Michelle Seaman is the **founder** and **Mental Performance Coach** at **Elite Mindset Consulting**. Her work blends preparation, coaching, and creativity - whether she's meeting with athletes one-on-one, leading group sessions, or designing workshops and tools that help clients build lasting habits to support both performance and well-being. As a business owner, she also devotes time to networking, collaboration, and continual learning.

What she finds most rewarding about her job is watching athletes trust themselves more deeply, shifting from self-doubt to confidence and embracing a kinder, more supportive inner voice.



► CAREER JOURNEY

- Mental Performance Coach at Athlete Base Camp
- Mental Performance Coach at Head Games Consulting
- Experience beyond sports:
 - Master Resilience Trainer – Performance Expert with the military
 - Performance Strategies Coach with business executives



► EDUCATIONAL BACKGROUND

- Degrees:
 - B.S. in Psychology - Florida State University
 - M.S. in Sport and Performance Psychology - Georgia Southern University
- Other credentials:
 - Certified Mental Performance Consultant (CMPC)
 - Master Resilience Trainer L3 - Performance Expert

MICHELLE'S ADVICE: Be yourself and do good work. Build relationships and network intentionally. Never stop learning. Gain diverse experience and stay adaptable.