

# Speaking Biography



[Inner Mind Sport.com](http://InnerMindSport.com)

President: Coach Lorie Pulliam, BPE (Kines) MA Sports Science, Applied Neuroscience

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It is always a pleasure to speak about a topic that I have researched for over 39 years. The ability of children to build better brains; expanding the mind to play sports and be involved in recreational activities regardless of background and development.

Children are miracles and their abilities are ensured by a genetic foundation in addition to experiences within their environment. The patterns of development are well documented, however science is learning more and more about early brain development and how vital it is to give children an optimal state of growth and stimulation.

Sport is an integral part of the developing child's life. It is wonderful to see children given the opportunity to learn sports skills early to ensure safe development with sound principles. Coach Lorie loves to interact with audiences of educators, coaches, teachers and parents about her findings in Applied Neuroscience for Sport. The best part of the day though is instructing children and youth sports teams!

## PRESENTATIONS

A range of custom presentations and short overviews are arranged for interested groups. Imagine learning in a streamlined way, how children can cultivate gross motor patterns for sport according to evidence based information in neuroscience.

### Questions

- How does the brain actually build a sports movement? Is there such a thing as muscle memory?
- What is the best way for children to learn sports development patterns like skating, swimming, soccer and gymnastics?
- Do we know enough about the brain's capacity to teach children to develop skills for life?
- How can children learn well and also use these skills for recreation, competition and also elite levels of sport.

Coach Lorie is a significant communicator that enhances the experience of talking about how children learn. These interactive sessions get groups of coaches, teachers and parents thinking. Topics range however, these titles may describe Coach Lorie's scope of practise in child development for sport as there are literally hundreds.

- ❖ The brain has no scoreboard
- ❖ You are your own BEST coach
- ❖ If you can see it, you can do it
- ❖ Try, try again—the brain game for life
- ❖ Multi-sport for multi function
- ❖ Early bird gets the worm: How Children Gain Movement
- ❖ Getting back to PLAY

# Speaking Biography

Coach Lorie has given well over 600 talks and lectures about childhood development and sport. She is well known for her work in applied neuroscience and how to coach children for success. Her own company Inner Mind Sports was created to offer services to young athletes in the area of motor development as well as mental and emotional training support.

Obviously well educated Lorie has two degrees in this area: University of Calgary, Kinesiology and a Master's Degree in Sports Science from the University of Alberta. She has worked with children of every range of ability in over 15 sports and monitored the development of coaches working with youngsters.

Coach Lorie has developed mental sports lessons online for Hockey Goalies, Hockey Players, Soccer Players and up and coming Golf and Tennis. To say she is sports and kid crazy is an understatement. Please join her on Inner Mind Sports.com. See her Facebook and Instagram. See her Guided Imagery Work on You Tube.

Lorie works for a very reasonable rate for presentations to ensure quality and access. Please Email her for all details.

Lorie is the mental sports development coach this season (2017-2018) for:

Global Sports Academy Group, Calgary AB.

Drillbook.com

Martin Sports Academy, Regina SK.

SAIT Women's Hockey Team

Girls Hockey Calgary

Calgary Northstars Hockey Association

Calgary Buffaloes Hockey Association

Airdrie Minor Hockey

Ringette Calgary

Springbank Skating Club ...to name a few.

Play safe and have FUN!

*Coach Lorie*