

# PROFESSIONAL SPEAKING EVENTS WITH



***THE HIDDEN  
OPPONENT***

**2023 - 2024**

**Rates will vary depending on:**

- speaker choice
- online or in-person event
- travel location
- time of day / time of year
- type of programming
- length of programming

**The Hidden Opponent guarantee:**

Professional speakers and high-quality programming tailored specifically to your group's needs.

Each speaker is adaptable and can speak on a variety of topics!

Please reach out with a budget & event ideas in mind.  
We are happy to work with you to make your event possible!

For booking and more information, please contact:  
[leeann@thehiddenopponent.org](mailto:leeann@thehiddenopponent.org)



**Arman Taghizadeh, also known as "Dr. T," is a Johns Hopkins trained Board Certified Adult, Child and Adolescent Psychiatrist also specializing in Sports Psychiatry. He is the founder of Mindset Training Institute (MTI) and host of the podcast, "The Mindset Experience."**

As a Board Certified Child, Adolescent, and Adult Psychiatrist (medical doctor), Sports Psychiatrist, former NCAA Division 1 wrestler, and current athlete, Dr. T works closely with individual athletes, elite sports teams, parents, and coaches to provide mental health education, support, and mindset training.

Dr. T has helped many athletes achieve immediate improvement in sports performance. Even better, his athletes also gain confidence in managing and overcoming challenges beyond athletics. Dr. T's programs allow athletes to walk away with greater self-awareness and mental skills tools to help them achieve success.



[mindsettraininginstitute.com](https://mindsettraininginstitute.com)



@dr.t\_sportpsych

## Programming and Topic Ideas:

- Team Mental Skills Training Program
- Mental Health Overview including education, guidance, and tools
- Getting into the Zone: Control your Consciousness
- Controlling the Controllables: Effort, Attitude, Gratitude
- Confidence, resilience and mental toughness
- Transitioning to higher levels of competition
- Parents program: "Don't say Don't"
- Coaches program: "There's no crying in baseball, or is there?"
- Medical professional program: "Tape 'em up, Shape 'em up"
- Leadership
- Racism in Sports Culture
- Managing Athletic Injuries
- Return to learn: coming back from COVID, off season, injury, etc.
- Balance and Motivation



# Madeline Barlow, PhD



**Madeline Barlow completed her PhD in the Psychology of Human Movement with a specialization in Exercise and Sport Psychology.**

**After the end of her competitive swimming career, Madeline recognized the difficulty of transitioning out of sport. She is most passionate about helping athletes find their next step after competition and tackle life with renewed energy and confidence!**



In 2020, Madeline developed The Mind-Wise Method, her signature Mind-Body healing program for current and former athletes. This program is a direct result of 20+ years as a competitive swimmer, sport psychology professional, student-athlete advocate, and coach. Madeline provides support and guidance as her clients "un-become" conditioned beliefs that no longer serve them and begin to embody their true self with confidence, in and out of sport!

She is the Mental Performance Coach for Drexel University Athletics and works directly with teams and coaches to enhance performance and overall wellness through mental skills training. She is also a certified reiki healer and believes wholeheartedly in holistic wellness.

She is the author of two books:

*The Highly Sensitive Athlete: How to Embody the Magic of Your True Self in and Out of Sport*  
*Athlete to Entrepreneur: Powerful Stories of Transition from Players to Professionals*



[mindwisementor.com](http://mindwisementor.com)



@mindwisementor

## Programming and Topic Ideas:

- Book talks with copies of book available for purchase by individual or groups
- Building confidence from WITHIN
- The Empowered Athlete: using your voice to advocate for yourself and others
- Quieting the inner critic
- Moving through emotions in sport
- Navigating the transition into life after sport
- Present moment awareness: how it affects mental wellbeing & sport performance
- Flipping the script on performance anxiety
- Reframing your fear of failure
- Rebounding (mentally) from an injury
- How to fall back in love with your sport
- Conditioning vs. Character: what sport really teaches us and how to re-write your beliefs to align with your true self





Jason Wood turned his battle with orthorexia into a mission to break the stigma around men's mental health and eating disorders by launching his blog Orthorexia Bites in 2021 and publishing his memoir *Starving for Survival*. Through numerous podcast appearances, speaking engagements, and his writing, Jason is starting an important conversation that encourages everyone, especially men, to speak up, share their stories, and get the help they deserve.



orthorexiabites.com



@orthorexiabites

## Jason's Mission:

- **ELEVATE** awareness and empower others to get the help they deserve.
- **CONFRONT** the stigma and show young men that there is strength in vulnerability.
- **ILLUSTRATE** the lived experience to equip the next generation of mental health professionals.
- **CHANGE** the narrative around eating disorders and mental health.

## Programming and Topic Ideas:

- Changing The Narrative Around Eating Disorders
- Confronting The Stigma Around Men's Mental Health
- Challenging Diet Culture Norms & Redefining Health
- Enough Already: Cultivating Self-Compassion
- Internalized Homophobia & Mental Wellness
- Sober Vibes: Sobriety & Mental Wellness



orthorexia  
Bites

# Christen Shefchunas



Christen Shefchunas is a Professional Confidence Coach who works with athletes ranging from Olympians, World Champions, and NCAA Champions to your everyday high school athlete.

As a former Division I Coach, Christen watched too many female athletes miss out on their potential because of their lack of confidence. Realizing that there was a significant lack of resources for these athletes, Christen left her 16-year coaching career and started Coach Christen, a business focused on helping female athletes. She works one-on-one as a confidence coach with some of the best female athletes in the world, and she speaks to teams, athletes, women's organizations and women in business about confidence, handling fears and doubts and what to do in those "pressure to perform" moments. She is the author of 30 Days to Confident: A 30 Day Confidence Challenge for Female Athletes.



[coachchristen.com](http://coachchristen.com)



@coach\_christen

## Programming & Topic Ideas:

### SEASON PACKAGE

- You and your team can work with Coach Christen throughout your entire season in person and/or over Zoom.
- Create your custom plan.

### CONFIDENCE TALK (1.5 hours + Q&A)

- How to handle performance anxiety, fear and doubts
- How to perform at your best when under pressure
- How to build REAL Confidence that lasts
- How to find consistent Confidence, even through disappointments and failure

### CONFIDENCE TALK + ONE on ONE CONFIDENCE COACHING

- Spend one hour with Christen as she shares her Confidence talk + Q&A. Next, each athlete has the opportunity to do a One on One Confidence Coaching session with Christen. (1 hour each) This will give your athlete the chance to talk openly with Christen about what they struggle with the most, so they can create a personalized plan of how your athlete can move forward into her fullest potential.

### ALL DAY for ATHLETIC DEPARTMENTS/CORPORATIONS

- Hire Christen for the day to speak to multiple teams and departments.



**Deloitte.**





**Meaghan is a career coach and the founder of TideShift Coaching. As a former D3 student athlete, she has a passion for helping student athletes make a smooth transition from student life to professional life.**

Meaghan began her career as a sports journalist before pivoting into marketing and sales. After working for several early stage startups in the sporting goods and fitness industries, she found her niche in recruiting & helping to scale teams. As a career coach, Meaghan applies her background in recruiting to guide her clients on a path of career discovery. Through LinkedIn optimization, resume editing, and interview coaching, Meaghan's goal is help her clients make a career transition with confidence.



<https://www.linkedin.com/in/meaghan-latella>

## Programming and Topic Ideas:

- Getting Clear on Your Career Goals
- Uncovering Your Soft Skills: Recruiters Love Student-Athletes!
- Interviewing Confidently: How to Tell Your Story
- Navigating LinkedIn
- Networking: How to Build Professional Relationships

