

BSA Providers



Counsellor and Mental Skills Consultant – Stephanie Rice

B.Psych, B.ExSci, Grad. Dip. Psych, MACA

Stephanie is a registered counsellor and has worked with BSA athletes since 2010 whilst completing further postgraduate studies in the area of Sport

Psychology. Steph is able to provide individual support and group workshops/sessions to athletes, teams, clubs and support networks.

Some of topics and issues that Steph is able to work with include motivation, stress management, goal setting, performance preparation, anxiety (performance and general), depression, study/sport/life balance, time management, team cohesion, friendships and relationships, confidence and bouncing back from injuries and setbacks.

Steph also works as a Wellbeing officer at a local secondary college, supporting students with a range of personal issues, situations and health and wellbeing topics via individual sessions and group therapy programs. Some of the topics include peer relationships, bullying, family relationships, dealing with grief, dealing with trauma, self-confidence and identity, and social media safety.

Steph is currently completing her Masters in Applied Psychology (sports). She has completed all of her subject and placement requirements and is in the midst of finishing her Masters Research Thesis on the Sport Psychology topic of Imagery in Sport.

Steph has a keen interest in the connection of mind and body and practices yoga and meditation regularly. She also enjoys swimming, snorkelling, trail walks, boxing and netball.

Qualifications and Associations:

- Graduate Diploma Applied Psychology
- Bachelor of Psychology
- Bachelor of Exercise Science and Human Movement
- Member of the Australian Counselling Association (MACA)
- Provisional Member of the Australian Health Practitioner Regulation Association (Psychology)

Steph has also provided services to the Australian Indigenous Youth Girls AFL team, the Geelong Flyers Netball Club, Geelong Swimming Club, and the Geelong Athletics Club, among others.

Roles and Experience:

- Barwon Sports Academy > Counsellor, Mental Skills Consultant (current), Provisional Psychologist – Masters Placement (past)
- Bellarine Secondary College > Wellbeing Officer and Counsellor (current).
- AFL Indigenous Programs > Indigenous Youth Girls AFL Team Mental Skills Coach/Provisional Psychologist – Masters Placement (past)
- Department of Human Services > Behaviour Intervention Practitioner, Positive Behaviour Support and Behaviour Change (past).
- Autism Spectrum Australia > Behaviour Intervention Practitioner (past).

Consultation Fees:

Barwon Sports Academy members receive a discounted rate for each individual session and workshop.

Initial consultation 1 hour: \$100 > **BSA member = \$85**

Standard consultation 45 mins: \$90 > **BSA Member = \$80**

Group workshops > please contact Steph to discuss your options.

Stephanie Rice Consulting

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