

Curriculum vitae

Clinton Gähwiler	
E-Mail	info@performingmind.co.za
Marital status	Married, 3 children
Date of birth	20.08.1967
Website	www.performingmind.co.za
Professional career	
1995 - today	Heading up the Psychology Practice at the Sports Science Institute of South Africa (www.ssisa.com). Focus has been three-fold: <ol style="list-style-type: none">1. Sport Psychology: Clients include many of South Africa's national and international teams across a range of sports, the South African Olympic team at 2004 Athens Olympics, and international consulting including with Chelsea FC (London) and the International Cricket Council.2. Business Performance: Performance optimization, coaching and burnout prevention with many top South African companies, eg Deloitte South Africa.3. Health Psychology: Includes work with many private individuals and organisations on medical and health related issues, including burnout, cardiac rehabilitation and weight management.
2010 - today	Collaborating with Percoms AG (Switzerland) on a number of joint projects, including the design and implementation of in-person and online learning programmes.
1995 - today	Guest lecturer in various University of Cape Town academic departments, including Physiotherapy, Exercise & Sports Medicine, Organisational Psychology and Dietetics.
1995 - today	Over various periods, leadership positions held include representation on the National Olympic Committee of South Africa's Medical Commission, the United Cricket Board of South Africa's medical committee, the Sports Information and Science Agency's national sport psychology committee, and the Sports Science Institute of South Africa's management committee.
2000 - today	Design and implementation of an e-mail based mental skills training programme (www.performingmind.co.za).
2010 - today	Running of monthly Lifestyle Support Groups for those benefitting from the group structure to help maintain a healthy, effective lifestyle.
Education and Training (most recent first)	
On-going since 2003	Monthly psychology peer supervision meetings as part of an accredited Continuing Professional Development programme.
2003	Myers-Briggs Type Indicator (MBTI) accreditation and training course
1998	Neuro-linguistic Programming course
1995	Special 3 month practical work experience at the Australian Institute of Sport, Canberra, Australia.

1994	Registration as a Counseling Psychologist with the Health Professions Council of South Africa
1994	MA Psychology (University of Cape Town)
1989	BA (Hons) Psychology (University of Cape Town)
1988	BA Psychology & English (University of Cape Town)

Publications (most recent first)

2021	Translation of PERCOMS AG's Leadership T-Learning programme, from German into English.
2020	Lead author of PERCOMS AG's Self Management T-Learning programme.
2016	Lead author of " <i>History of Sports, Exercise & Performance Psychology in Southern Africa</i> ". Oxford Research Encyclopedia. By C.Gähwiler, V. Grand'Maison, & L.Hill.
2015	Design of the In The Zone training seminar, used in various business organisations around South Africa, to help executives overcome mental blocks, and to optimise their performance and well-being.
2014	A series of lifestyle-focused blogs on readiness-to-change (ready2change.co.za).
2013	Author, narrator & Co-Executive Producer of ' <i>Under Pressure</i> ' psychology documentary - used by South African sports associations for training purposes.
2007	' <i>Psychological Preparation of the 2004 South African Olympic Team</i> '. South African Journal of Sports Medicine, vol 19, no 3.
2000 - present	Health & performance-based newsletter articles for a number of corporate organisations.
2000	Design and publishing of an e-mail based mental skills training programme (www.performingmind.co.za).
1994	' <i>Cognitive Strategies as a function of effort in Elite, Average and Recreational Cyclists</i> '. Masters thesis, University of Cape Town, Psychology Dept.