

# CURRICULUM VITAE

## LANDON M. BRAUN, M.S.

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### FORMAL EDUCATION

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University of Wisconsin-Milwaukee, Milwaukee, WI

**Doctor of Philosophy, Health Sciences – Sport & Performance Psychology Specialization**, expected May 2025.

Advisor – Barbara B. Meyer, Ph.D., CMPC

Southern Illinois University-Edwardsville, Edwardsville, IL

**Master of Science, Kinesiology -Exercise & Sport Psychology Specialization**, May 2021.

Thesis Topic: The Relationship between Coaching Style and Athlete Grit

Advisor – Lindsay Ross-Stewart, Ph.D.

Simpson College, Indianola, IA

**Bachelor of Arts, Psychology**, Psychology Honors, Minor in Exercise Science, May 2019

### SCHOLARLY ACTIVITIES

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**Research Assistant**, SIUE Exercise & Sport Psychology Research Lab

August 2019-May 2021

- Supervised by Dr. Lindsay Ross-Stewart, PhD, Associate Professor, Department of Applied Health

### CURRENT & PAST PROJECTS

**Braun, L.** (May 2021). *The relationship between coaching styles and athlete grit*. Southern Illinois University Edwardsville. Manuscript in preparation.

- Thesis completed as part of master's program requirement

**Braun, L., Ross-Stewart, L.** (May, 2021) *Coaching self-efficacy and grit development*. Southern Illinois University Edwardsville. Manuscript in preparation.

Roberts, V., **Braun, L.**, Ross-Stewart, L., Webb, B. (March,2020) *The use of virtual reality to enhance imagery within pitch recognition in NCAA division one softball*. Southern Illinois University Edwardsville, Edwardsville, IL. Manuscript in preparation.

Lange, D., **Braun, L.**, Webb, B., (May, 2020) *An Examination of Mental Toughness and Physical Activity Behavior Among College Students*. Southern Illinois University Edwardsville

Wiseman, O., **Braun, L.**, Stumpf, J., Ross-Stewart, L. (December 2019) *The relationship between personality, mental toughness and performance in college basketball players*.

## CONFERENCE PRESENTATIONS

Roberts, V., **Braun, L.** Ross-Stewart, L., Webb, B. (March,2020) *The use of virtual reality to enhance imagery within pitch recognition in NCAA division one softball.* Southern Illinois University Edwardsville, Edwardsville, IL.

- Workshop accepted to be presented at 2020 Association of Applied Sport Psychology Annual Conference, October 21-24, 2020.
- Team elected to opt out of presenting symposium due to online format of conference as a result of COVID-19 Pandemic.
- Poster presented virtually at 2021 Association of Applied Sport Psychology Annual Conference, October 6-9, 2021

Lange, D., **Braun, L.**, Webb, B., (May, 2020) *An Examination of Mental Toughness and Physical Activity Behavior Among College Students.* Southern Illinois University Edwardsville.

- Poster presented at Midwestern Sport and Exercise Psychology Symposium, Illinois State University, February 21-23, 2020

**Braun, L.** Evans, D. (December 2018). *An examination of mental toughness in pressure situations.* Simpson College. Indianola, IA.

- Poster presented at the 91st Midwest Psychological Association Annual Conference April 11-13, 2019 Chicago, IL.
- Presented at the 2019 Simpson College Research and Creativity Symposium April 23, 2019.

**Braun, L.**, Cox, L, Frideres, M., Meyers, S., (September, 2017) *Creation of a valid measure of impulsivity for college students.* Simpson College. Indianola, IA.

- Poster presented at the 2018 Simpson College Research and Creativity Symposium April 21<sup>st</sup>, 2018

## FUNDING

- Competitive Graduate Award (2019-2020). Graduate School, Southern Illinois University Edwardsville. Awarded: Full tuition + \$9,000 stipend
- Research Grant for Graduate Students-RGGS (2020-2021). Graduate School. Southern Illinois University Edwardsville. Awarded: \$750 for thesis funding.
- Graduate Teaching Assistantship (2020-2021). Department of Applied Health, Southern Illinois University Edwardsville. Awarded: Full tuition + \$8,000 stipend.
- Graduate Teaching Assistantship (2021-2022). College of Health Sciences, University of Wisconsin-Milwaukee. Awarded: Full tuition + \$15,000 stipend.

## TEACHING EXPERIENCE

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- KIN 203- Fitness & and Sport Activities, Southern Illinois University Edwardsville. Fall 2020, Spring 2021
- KIN 204 Jogging to Fitness, Southern Illinois University Edwardsville. Fall 2020, Spring 2021
- KIN 205 Personal Shape Up, Southern Illinois University Edwardsville. Fall 2020
- KIN 243 Leisure Activities, Southern Illinois University Edwardsville. Fall 2020, Spring 2021
- KIN 270 Personal Wellness (Lecture), Southern Illinois University Edwardsville. Fall 2020, Spring 2021
- KIN 270 Statistics in the Health Professions: Theory and Practice. University of Wisconsin Milwaukee, Fall 2021, Spring 2022
- SC 101 Simpson College Colloquium First Year Orientation. Simpson College. Fall 2017, Fall 2018

## CONSULTING & APPLIED EXPERIENCE

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- Mental Performance Coach**, Elite360 Training, Ames, Iowa 2021 – Present
- Lead virtual monthly sport psychology workshops online with an emphasis on teaching skills such as confidence, handling anxiety, goal-setting to athletes aged 12-18
  - Conduct 1-on-1 mental skills sessions with athletes ranging in topics from motivation, focus and concentration
- Mental Skills Coach**, St. Louis Scott Gallagher Soccer Club 2019 – 2021
- Led team consulting sessions with an emphasis on teaching skills such as confidence, handling anxiety, goal-setting to athletes aged 13-18
- Mental Training Coach**, Triad High School, Troy, IL 2020 – 2021
- Led team workshops for athletic programs focused on motivation, concentration, positive self-talk, along with other mental skills pertaining to performance
- Mental Skills Coach**, Southern Illinois University Edwardsville Club Sports 2019 – 2020
- Provided team consulting sessions focused on teaching mental skills for performance to competitive club sports on campus
- Mental Training Coach**, Father McGivney Catholic High School, Glen Carbon, IL 2019 – 2020
- Engaged in team workshops for the boys' & girls' athletic programs focused on goal setting, positive self-talk, and imagery

## COACHING EXPERIENCE

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- Head Freshman/ Varsity Assistant Boys' Basketball Coach**, Triad High School, Troy, IL 2020-2021
- Lead practice and placed in charge of freshman team and their development
  - Construct scouting reports of opponents finding emphasis on strengths and weaknesses
  - Design and implement a strength and conditioning program for the freshman-varsity teams
- Volunteer Assistant Coach**, McKendree University Women's Basketball, Lebanon, IL 2020-2021
- Edit and breakdown video to create scouting reports
  - Breakdown analytics and opponent from past games and upcoming opponents to prepare team for competition
  - Create postseason highlight tapes for players
- Assistant Boys' Basketball Coach**, Father McGivney Catholic High School, Glen Carbon, IL 2019-2020
- Assisted with player and skill development, specifically with point guards
  - Put together scouting reports of opponents including film break down of strengths and weaknesses
  - Developed a strength and conditioning program for the team, conducting daily lifting workouts with the team
  - Led and managed social media of the team to help enhance and build the brand of the program
- Camp Coach**, All Iowa Attack Basketball Organization, Ames IA 2015-Present
- Work with athletes in fostering development of basketball and life skills
  - Mentor and work with athletes ages 8-18 about importance of balance between school and athletic endeavors
  - Assisted and designed workouts for the camps of 2 NBA players

## **PROFESSIONAL MEMBERSHIPS & CERTIFICATIONS**

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2019-Present, American College of Sports Medicine; Certified Personal Trainer

2019-Present, Association for Applied Sport Psychology; Student Member

2019-Present, National Federation of High Schools; Licensed Coach

2018-Present, USA Basketball; Gold Coaching Certification

2018-Present, Midwestern Psychological Association; Student Member

## **OTHER PROFESSIONAL EXPERIENCES**

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- Study Abroad to New Zealand (Sport Science & Health Education), May 2018  
Studied and engaged in physical activity that combined both theory and practice of physical activity interventions incorporated into New Zealand academic curriculum across various grade levels, including the implications of the practice of Green Prescriptions in the New Zealand healthcare