

CURRICULUM VITAE

LANDON M. BRAUN, M.S.

GENERAL INFORMATION

University of Wisconsin-Milwaukee
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FORMAL EDUCATION

University of Wisconsin-Milwaukee, Milwaukee, Wisconsin (2025)
Doctorate of Philosophy, Health Sciences
Specialization: Sport & Performance Psychology
Advisor: Barbara B. Meyer, Ph.D., CMPC

Southern Illinois University-Edwardsville, Edwardsville, Illinois (2021)
Master of Science, Kinesiology
Specialization: Exercise & Sport Psychology
Thesis Topic: The Relationship between Coaching Style and Athlete Grit
Advisor: Lindsay Ross-Stewart, Ph.D., CMPC

Simpson College, Indianola, Iowa (2019)
Bachelor of Arts, Psychology
Psychology Honors
Minor: Exercise Science

PEER REVIEWED PUBLICATIONS

1. **Braun, L.**, Ross-Stewart, L., & Meyer, B.B. (2024). The relationship between athlete perceptions of coach leadership and athlete grit. *International Journal of Exercise Science* 17(5), 13-24.

PEER REVIEWED PUBLICATIONS IN REVIEW

1. Ross-Stewart, L., Roberts, V. & **Braun, L.** (in review). The effect of imagery assisted virtual reality on pitch recognition and sport imagery ability. Submitted to: *The Sport Journal*, January 2024.

PEER REVIEWED PUBLICATIONS IN PROGRESS

1. **Braun, L.**, Meyer, B.B., & Wahl, C (in progress). Validation of the recovery experiences questionnaire in a coaching population. Target: *International Journal of Sports Science & Coaching*, to be submitted April 2024.

CONFERENCE PRESENTATIONS

1. **Braun, L.**, Ouellet-Pizer, C., Menden, E., Ebersole, K.T., & Meyer, B.B. (October 2023) *Gibbs' Reflective Cycle: Adapting athlete mental skills workshops to firefighters*. Poster presented at the Association for Applied Sport Psychology 38th Annual Conference, Orlando, FL.
2. **Braun, L.**, Ouellet-Pizer, C., Menden, E., Ebersole, K.T., & Meyer, B.B. (April 2023). *Firefighter recruits' mental skills use before and after workshops*. Poster presented at the 2023 Midwestern Psychological Association Annual Meeting, Chicago, IL.
3. **Braun, L.**, Ross-Stewart, L., Robinson, S., & Meyer, B.B. (October 2022). *The relationship between athlete perceptions of coach leadership and athlete grit*. Poster presented at the Association for Applied Sport Psychology 37th Annual Conference, Fort Worth, TX.
4. Roberts, V., **Braun, L.**, Ross-Stewart, L., & Webb, B. (October 2021). *The use of virtual reality to enhance imagery within pitch recognition in NCAA division one softball*. Poster presented virtually at Association of Applied Sport Psychology Annual Conference.
5. Lange, D., **Braun, L.**, & Webb, B. (February 2020). *An examination of mental toughness and physical activity behavior among college students*. Poster presented at Midwestern Sport and Exercise Psychology Symposium, Illinois State University.
6. **Braun, L.** & Evans, D. (April 2019). *An examination of mental toughness in pressure situations*. Poster presented at the 91st Midwest Psychological Association Annual Conference, Chicago, IL.
7. **Braun, L.**, Cox, L, Frideres, M., & Meyers, S. (April 2018). *Creation of a valid measure of impulsivity for college students*. Poster presented at Simpson College Research and Creativity Symposium.

FELLOWSHIPS AND SCHOLARSHIP

1. Chancellor's Graduate Student Award (2023). College of Health Professions & Sciences, University of Wisconsin-Milwaukee. Awarded In State Tuition+ \$4,000 stipend.
2. Graduate Teaching Assistantship (2022-2023). College of Health Sciences, University of Wisconsin-Milwaukee. Awarded: Full tuition + \$15,000 stipend.
3. Graduate Teaching Assistantship (2021-2022). College of Health Sciences, University of Wisconsin-Milwaukee. Awarded: Full tuition + \$15,000 stipend.
4. Research Grant for Graduate Students-RGGS (2020-2021). Graduate School, Southern Illinois University Edwardsville. Awarded: \$750 for thesis funding.
5. Graduate Teaching Assistantship (2020-2021). Department of Applied Health, Southern Illinois University Edwardsville. Awarded: Full tuition + \$8,000 stipend.
6. Competitive Graduate Award (2019-2020). Graduate School, Southern Illinois University Edwardsville. Awarded: Full tuition + \$9,000 stipend.

COURSES TAUGHT

1. ESS 220-Sport and Exercise Psychology, Lead Instructor. (Fall 2023). Lakeland University.
2. PRPP 790-Advanced Topics in Performance Psychology, Co-Instructor. (Fall 2023). University of Wisconsin-Milwaukee.

3. KIN 270 Statistics in the Health Professions: Theory and Practice. (Fall 2021-Spring 2023). University of Wisconsin-Milwaukee.
4. KIN 203- Fitness & and Sport Activities. (Fall 2020-Spring 2021). Southern Illinois University Edwardsville.
5. KIN 204 Jogging to Fitness. (Fall 2020-Spring 2021). Southern Illinois University Edwardsville.
6. KIN 205 Personal Shape Up. (Fall 2020). Southern Illinois University Edwardsville.
7. KIN 243 Leisure Activities. (Fall 2020-Spring 2021). Southern Illinois University Edwardsville.
8. KIN 270 Personal Wellness (Fall 2020-Spring 2021). Southern Illinois University Edwardsville.
9. SC 101 Simpson College Colloquium First Year Orientation. (Fall 2017 & Fall 2018). Simpson College.

COURSES GUEST LECTURED

1. ESS 143 Introduction to Exercise Science. (November 2023). Lakeland University,
2. EDPSYCH102-Success in Academics and Athletics (October 2022 & October 2023). University of Wisconsin-Milwaukee.
3. SPSC110-Intro to Health Careers. (August 2021, March 2023, February 2024). Simpson College.

PROFESSIONAL EXPERIENCES

1. Mental Performance Consultant. (September 2021- Present). Laboratory for Sport Psychology & Performance Excellence, University of Wisconsin-Milwaukee.
Supervisor: Barbara B. Meyer, Ph.D., CMPC
Duties: Prepare and deliver sport and performance psychology services, including mental skill workshops, under the supervision of my doctoral advisor. Previous and ongoing services include mental skills workshops delivered to local high school athletes, college student athletes, Milwaukee Fire Department, high school athletic populations. Observation and delivery of one-on-one consultation work provided to various performance populations including high school and collegiate student-athletes along with the development and delivery of a training program to build resilience in NCAA Division I coaches.
2. Mental Performance Consultant. (August 2019-June 2021). Exercise & Sport Psychology Laboratory, Southern Illinois University Edwardsville.
Supervisor: Lindsay Ross-Stewart, Ph.D., CMPC
Duties: Services included the development and provision of sport and performance psychology workshops on various topics to youth, high school, and club athletes. Services further included the provision of team mental performance services at the collegiate level to promote high performance.

COACHING EXPERIENCE

1. Instructor, Point Guard College Basketball, USA. (2022-Present).
Duties: Instruct athletes daily on fundamentals of game, develop and evaluate course delivered content, deliver workshops regarding mental preparation.
2. Head Freshman/Assistant Basketball Coach, Triad High School, Troy, IL. (2020-2021).
Duties: 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
3. Volunteer Assistant Coach, McKendree University Women's Basketball, Lebanon, IL. (2020-2021).
Duties: 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.
4. Assistant Boys' Basketball Coach, Father McGivney High School, Glen Carbon, IL. (2019-2020)
Duties: Assisted with player and skill development, prepared scouting reports of opponents including film break down of strengths and weaknesses, develop a strength and conditioning program for the team, conduct daily lifting workouts with the team, manage social media of the team to help enhance and build the brand of the program.
5. Camp Coach, All Iowa Attack Basketball Organization, Ames IA. (2015-Present).
Duties: 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, assist and design workouts for the camps of 2 NBA players.

SERVICE AND LEADERSHIP EXPERIENCE

1. University Service
 - Vice President, Sport Psychology and Performance Excellence Organization at University of Wisconsin-Milwaukee (2023-Present)
 - Interview team: Visiting Professor of Exercise and Sport Psychology Southern Illinois University Edwardsville (2020)
 - Treasurer Exercise and Sport Psychology Club at Southern Illinois University Edwardsville (2021)

2. Professional Memberships

- Association for Applied Sport Psychology (AASP); Student Member (2019-Present)
- Midwestern Psychological Association (MPA); Student Member (2022-Present)
- American College of Sports Medicine (ACSM); Student Member (2019-Present)
- National Federation of High School Coaches (NFHS); Licensed Coach (2019-Present)
- USA Basketball (USAB); Licensed Coach and Member (2018-Present)

PROFESSIONAL CERTIFICATIONS

- American College of Sports Medicine (ACSM); Certified Personal Trainer (2019-Present)
- USA Basketball (USAB); Gold Coaching License (2018-Present)
- Wisconsin Interscholastic Athletic Association (WIAA) & NFHS Licensed Basketball Official (2023-Present)