



# Where members and performers realize their potential

**3K+**  
MEMBERS

**50+**  
COUNTRIES

**1M+**  
PERFORMERS  
SERVED

## Elevating human performance and well-being.

We're the premier association that ensures every performer has the resources to strengthen their inner edge through the advancement and application of excellence in mental performance and mental health. To do that we cultivate an inclusive field of Certified Mental Performance Consultants® (CMPC), licensed mental health professionals, educators, and researchers. Because when we research, train, and serve performers' complete mental needs, we elevate their ability to perform and thrive.

### Our three pillars of excellence



## One certification. Limitless potential.

AASP is the only place to earn the CMPC®, the sole accredited certification for mental performance in North America and a growing prerequisite for working with various sport and performance populations.

CMPCs have the expertise, skills, and confidence to help performers develop and use mental, life, and self-regulatory skills to enhance their talent, enjoyment, and/or personal development in their performance domain.



# We support people at every age and level across the performance spectrum.



## Sport

From youth to elite athletes, when their well-being thrives they flourish on and off the field. Because achieving peak performance is more than reaching peak fitness.



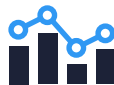
## Exercise

For people of all ages, engaging in regular exercise is a key component of health and overall well-being. Adopting an active lifestyle can help to boost confidence, create opportunities to meet fitness goals and promote enjoyment through physical activity.



## Tactical

Whether serving in the military or as a firefighter or police officer, these individuals live incredibly demanding lives. Building mental resilience strengthens the ability to perform and thrive in highly stressful situations.



## Business

For business professionals, the boardroom is their stage. Every important call, meeting, and presentation demands well-trained cognitive skills like confidence, focus, and motivation.

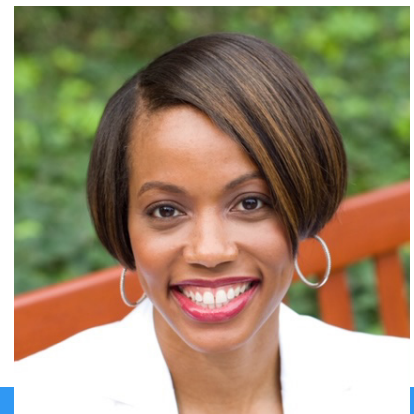


## Arts

For performing artists to reach their peak potential, they require more than physical training and rehearsing. They need mental strength to overcome performance plateaus and manage anxiety.

“Potential isn’t realized by chance and natural ability is only part of the equation. By seeing performers in the fullness of who they are and ensuring they have the resources to sharpen their mental edge, we don’t just strengthen their ability to perform, we strengthen their ability to thrive.”

–Kensa Gunter, CMPC | President, AASP 2020-21



Learn how to become a member or apply for the CMPC® certification here

[appliedsportpsych.org](https://appliedsportpsych.org)