

# NATE WOLCH

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## SUMMARY

- Current Master Resilience Trainer Performance Expert and Joint Base Lewis-McChord
- Owner and Mental Conditioning Coach at Inner Champion
- Named Outstanding Graduate student in sport and exercise psychology at WWU

## EDUCATION

SEPTEMBER 2017-JUNE 2019

**MASTER'S OF SCIENCE IN KINESIOLOGY-SPORT AND EXERCISE PSYCHOLOGY,**  
WESTERN WASHINGTON UNIVERSITY

This program involved both research and applied work. My thesis was entitled The Effects of a Brief Mindfulness Intervention on Free-Throw Shooting Performance Under Pressure. My graduate school GPA was 3.9. I was named Outstanding Graduate Student in Sport and Exercise Psychology by the WWU Graduate School.

JUNE 2017

**BACHELOR'S OF SCIENCE IN PSYCHOLOGY,** WESTERN WASHINGTON UNIVERSITY

Graduated cum laude with an undergraduate GPA of 3.86, while holding various jobs through school, working in research labs, and participating in two club sports and played one year of NCAA Division III tennis. Three-time honor roll student.

## WORK EXPERIENCE

JUNE 2019 – PRESENT

**MASTER RESILIENCE TRAINER PERFORMANCE EXPERT,** JOINT BASE LEWIS-MCCHORD

This position involves teaching a combination of positive psychology resilience skills and mental performance enhancement skills.

APRIL 2017 – SEPTEMBER 2017

**OWNER AND MENTAL CONDITIONING COACH,** INNER CHAMPION

I teach mental performance enhancement skills to athletes, first responders, and business professionals.

## **PUBLICATIONS**

Wolch, N. J., Arthur-Cameselle, J. N., Keeler, L. A., & Suprak, D. N. (2020). The effects of a brief mindfulness intervention on basketball free-throw shooting performance under pressure. *Journal of Applied Sport Psychology*, 1-17.

## **CONFERENCE PRESENTATIONS**

**OCTOBER 2019**

**TEAM BUILDING WORKSHOP AT AASP CONFERENCE, PORTLAND, OR**

Presented an applied workshop on effective team building session design and debrief with colleagues from Western Washington University.

**APRIL 2019**

**THESIS PRESENTATION AT NWSSEPS, BELLINGHAM, WA**

Presented an overview and analysis of findings from my thesis at a student symposium.

**APRIL 2018**

**THESIS PRESENTATION AT NWSSEPS, MOSCOW, ID**

Presented an overview of my thesis at a student symposium.

**AUGUST 2016**

**POSTER PRESENTATION AT 2016 APA CONVENTION, DENVER, CO**

“Who Gets Concussed? Big Five Personality Domains and Incidences of Athletic Concussions.”

## **PROFESSIONAL ASSOCIATIONS**

**2016 – PRESENT**

**ASSOCIATION FOR APPLIED SPORT PSYCHOLOGY (AASP)**

Student member since 2016 and attended the last four annual conferences.