

# Leong Kuan Juen

## Sports Psychologist



- My core purpose is share essential life skills that athletes need to stay strong while solving various problems in life through resilience and flexibility and to contribute my passion and my ability to adapt to create a positive environment for athletes' wellness.
- Passionate in sports psychology and I have pursued my dream of being a sports psychology practitioner by constantly attending workshops and courses related to psychological skills like counselling, resilience, and mental toughness. Today, I am a certified mental toughness coach and facilitator, an emotional intelligence lecturer and a mindfulness trainer
- Team-oriented person that is passionate and responsible, able to work independently creatively in the field of sports psychology.

### Contact

**Phone**  
+6018-3832011

**E-mail**  
[juenleong2@gmail.com](mailto:juenleong2@gmail.com)

### Languages

English	●●●●● Native
Mandarin	●●●●● Native
Malay	●●●●○ Superior

### Past Engagement

2020	Penang Dolphin Team (Swimming)
2019-2021	San Min (SUWA) Private School 安顺三民独中

### Work History

2020-04 – Present	<b>Life Skills Lecturer/ Coach</b> <i>Taylor's University Sdn Bhd</i> <ul style="list-style-type: none"><li>• Develop Module for emotional intelligence</li><li>• Organising workshops regarding to application of mindfulness</li><li>• Conducting weekly lessons 70% of the week</li><li>• Developing assessments for university students to ensure learning</li></ul>
2019-11 – Present	<b>Freelance Sports Psychology Consultant</b> <i>MYWellness &amp; SportScience Consulting &amp; Golden Thoughts Consulting</i> <ul style="list-style-type: none"><li>• Developing programs and lessons of applicable sports psychology skills to athletes</li><li>• Writing articles</li><li>• Researching additional knowledge on application of mental skills in sports</li><li>• Teaching application of mental skills training to athletes</li></ul>
2012-01 – 2015-01, 2021-11- 2022-11	<b>Swimming instructor</b> <i>Optimum Train Sdn Bhd &amp; Whale Swim Sdn Bhd</i> <ul style="list-style-type: none"><li>• Coaching Swimmers to receive their life guard certifications</li><li>• Teach swimming to multiple age groups from age 4- 30+</li><li>• Organizing and handling swimming competitions or events</li></ul>
2019-07 – 2019-08	<b>Assistant Sports Psychologist</b> <i>Sport Consulting PTE LTD, Singapore, Singapore</i> <ul style="list-style-type: none"><li>• Certified as a mental toughness coach</li><li>• Certified as a mental toughness facilitator</li><li>• Certified 360 profiling system consultant</li><li>• Observing athlete's behavior in competition and intervene strategies to help athletes psychologically</li><li>• Co-facilitate workshops in corporate, schools, and university</li></ul>
2017-05 – 2017-09	<b>Sports Psychology Trainee</b> <i>Dr. Garry Kuan Pei Ern, Kota Bharu, Kelantan</i> <ul style="list-style-type: none"><li>• Teaching psychological skills to the state Wushu athletes</li><li>• Publishing paper on imagery skills in sports</li><li>• Applying biofeedback in sports psychology</li><li>• Researching application of music in sports</li></ul>



## Education

2022	Malaysia Basketball Association's (MABA) National and International Referees
2022	Sharon Wee Squash-Education Clinic
2022	Team 16 Badminton club Junior Psychology Developmental Program

2018-08 – 2019-09	<p><b>Master's Degree: Master of Science: Sports Science (Sports Psychology)</b>  <i>University Tunku Abdul Rahman (UTAR) - Kampar, Malaysia</i></p> <ul style="list-style-type: none"> <li>• Thesis: The effects of Mental Imagery Intervention on Esports Performance among Malaysian Young Adults</li> <li>• Majored in Sport Psychology</li> </ul>
2015-01 - 2018-01	<p><b>Bachelor of Social Science (HONS) Psychology</b>  <i>University Tunku Abdul Rahman (UTAR) - Kampar, Malaysia</i></p> <ul style="list-style-type: none"> <li>• Thesis: The effects of music and imagery intervention on swimming performance</li> </ul>



## Exposure

2022- Present	<ul style="list-style-type: none"> <li>• Elected as Area Director in Toastmasters International</li> <li>• Overseeing 5 Toastmasters Club to ensure growth and quality</li> </ul>
2020 – Present	<ul style="list-style-type: none"> <li>• Elected as the Vice President Education for Klang Bilingual Toastmasters Club in 2020</li> <li>• Elected as the President in Klang Bilingual Toastmasters club in 2021</li> <li>• Organized Public Speaking event for Toastmasters member on a biweekly basis.</li> </ul>
2021	<ul style="list-style-type: none"> <li>• Joining The Mentoring Club as a mentor to coach peak performance, emotional intelligence and sports psychology</li> </ul>
2020	<ul style="list-style-type: none"> <li>• Volunteering Mentor for Project ID's Young Educator Challenge. Mentoring secondary school students in developing online workshops and lessons regarding to emotional intelligence and independence</li> </ul>
2019	<ul style="list-style-type: none"> <li>• Elected as head of production and videography for Malaysia Book of Record Marathon Music Performance 48 hours in University Sains Malaysia, Kelantan</li> </ul>
2018	<ul style="list-style-type: none"> <li>• Elected to Security department committee for We care we act UTAR new Village Community Service - English day at SJKC Chong Hwa, Kanthan Baru</li> </ul>
2017	<ul style="list-style-type: none"> <li>• Elected to Public relation assistant manager for Board Games Club Life Camp 2017</li> </ul>
2016	<ul style="list-style-type: none"> <li>• Elected to Head of program department for Counselling Wellness Week Annual Exhibition</li> <li>• Elected to Head of program department for Project Change, LGBT community awareness program</li> </ul>



## Sports Achievement

2012	Representing School and District to participate in State level Swimming Competition (MSSS)
------	--



## References

<b>International Society of Sports Psychology Mentor</b>	<p><b>Name:</b> Dr. Rebecca Wong</p> <p><b>Current Job/Position:</b> Esports Psychologist</p> <p><b>Company:</b> Team SMG</p> <p><b>Phone Number:</b> +6 012-260 2003</p> <p><b>Email Address:</b> rebecca@teamsmg.gg</p> <p><b>Reference Description:</b> Dr. Rebecca is my supervisor for the journey to register as an international recognize Sports Psychology Practitioner with International Society of Sports Psychology-Registry (ISSP-R)</p>
<b>Taylor's University</b>	<p><b>Name:</b> Gurmeet Singh Gurcharan Singh</p> <p><b>Current Job/Position:</b> Assistant Manager</p> <p><b>Company:</b> Taylor's University Sdn Bhd</p> <p><b>Phone Number:</b> +60 12-492 0226</p> <p><b>Email Address:</b> gurmeetsingh.gurcharansingh@taylors.edu.my</p> <p><b>Reference Description:</b> Gurmeet is my direct line manager while working as a Life Skills/ Emotional Lecturer in Taylor's University. We have worked closely during my time in Taylor's University to consistently improving the lessons that we better impact the students to enhance their learning journey</p>