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Amber is an Associate Professor in the Faculty of Kinesiology, Sport, and Recreation at the University of Alberta in Edmonton, Canada. She is interested in understanding the psychological skills and resources necessary to facilitate successful and positive sport experiences, and how best to foster their development. Amber enjoys being physically active and spending time with her friends and family, and values the new adventures and experiences.

My Topics for the 23rd International Teaching Week:

- 1) Self-compassion in Sport
- 2) Supporting Women Athletes
- 3) Athlete Development: Supporting Well-being Along Performance in Sport
- 4) Mixed Methods Research