

Markus Arvaja

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Markus is a Senior Lecturer in the Degree Program in Sports Coaching and Management at Haaga-Helia University of Applied Sciences, with a specialization in ice hockey coaching. His primary area of expertise is sports psychology.

A certified sports psychology consultant and a board member of the Finnish Sport Psychology Association, Markus has extensive hands-on experience in the field. He has served as a mental coach for Finland's Women's Ice Hockey National Team at two Olympic Games and numerous World Championship tournaments. He also works as the mental coach for Finland's Junior National Tennis Teams.

In addition, Markus provides mental coaching to professional and national team athletes across a range of sports, including ice hockey, tennis, football, basketball, cheerleading, and track and field.

When away from lecture halls and locker rooms, Markus coaches junior ice hockey teams and spends a significant part of his free time driving his own kids to their practices and activities—gaining valuable insight into youth sport logistics :) He also keeps his competitive spirit alive by playing Sunday league hockey and hitting the courts in tennis and padel whenever time allows.

My Topics for the 26th International Teaching Week:

- 1) Creating a Motivational Climate in Sports.
- 2) Psychological Flexibility and Sport Performance.