

Adrienne Leslie-Toogood

Dr. Adrienne Leslie-Toogood has spent the last three decades competing and consulting at the highest levels of sport. Adrienne is a licensed psychologist and adjunct faculty at the University of Manitoba. She has extensive experience working with athletes in both Canada and the United States at all levels of performance. Dr. Toogood's clients have ranged from individual Olympic athletes, teams and coaches, to PGA Tour winners and World Champions. She is currently the Past Chair of the Canadian Sport Psychology Association, the sport psychology lead for Own the Podium, and the Director of Sport Psychology at the Canadian Sport Centre Manitoba.

