



Harry van der Lei was born in Groningen, Holland. He graduated in 1989 from the College of Physical Therapy in Holland and moved to the United States where he specialized in Sports Rehabilitation.

He earned a Master's degree in Exercise and Sport Science, majoring in Sport Psychology, from the University of Utah in 2003. While at U of U, he worked as a sports physical therapist for the US Speed Skating Association. This included the 2002 Winter Olympic Games in Salt Lake City.

He received a doctoral degree with a specialization in Sport Psychology from Florida State University where he serves as a mental performance consultant for the Florida State University Men's and Women's Golf Program since 2003 and 2009, respectively. He took a sabbatical from his doctoral program to work full-time for the Olympic Oval Program during the 2006 Winter Olympic Games in Torino, Italy.

As a mental performance expert, Harry specializes in golf performance and works with golfers at all levels. Harry played amateur soccer in Holland, semi-professional soccer for the Orlando Lions in Florida, holds a black belt in Taekwondo, ran a half marathon, and is preparing for a full marathon. Harry is a certified member of the Association for Applied Psychophysiology and Biofeedback (AAPB) and he serves as a reviewer for the journal of Applied Psychophysiology and Biofeedback.

Professionally, he strives to help and teach others the principles of optimal performance while emphasizing the awareness of breathing in life!