



DR HALEY PERLUS

Author | Speaker | Coach



Proven champion strategies to maximize your potential in sport, business, and life

Haley Perlus is a Doctor of Performance Psychology, speaker, author, and coach. She specializes in applying sport specific techniques to help athletes, business leaders, and high achievers optimize their mental game. With a background as an athlete and coach, where she demonstrated her competitive edge early on, Dr. Perlus combines her firsthand experience with advanced academic expertise, where she holds a Ph.D. in Sport Psychology, alongside certifications in coaching, fitness and nutrition. Within one year of earning her doctorate, she became a professor, sought-after speaker, published author, and consultant to Olympics, X-Games, national team and Division I scholarship athletes.

As the author of "Personal Podium: How to Use Your Mind to Maximize Your Potential in Sport and Life", Dr. Perlus provides actionable mental strategies, used by the greatest athletes, to unlock inner potential, making her insights accessible for both athletes and non-athletes alike.

As a speaker, her presentations and workshops have reached elite organizations including Marriott, Starbucks, and CU Buffaloes (to name a few). She has contributed content to well-known media outlets including Oprah, ESPN, One Life Radio, Thrive Magazine, and Beachbody. Dr. Perlus also works directly with high performers across all competitive sports as well as C-suite executives where she shares strategies drawn from sport and applicable to both sport and corporate worlds.

Dr. Haley Perlus is known for her practical, results-oriented approach that moves beyond the motivational and equips individuals with tools that can be implemented immediately fostering a lasting sense of confidence and control, especially in high-pressure environments.

- ✔ PhD Sport Psychology
- ✔ MS Sport Pedagogy
- ✔ Certified Fitness Professional
- ✔ Certified Sport Coach
- ✔ Sport Nutrition Certification
- ✔ Adjunct University Lecturer
- ✔ International Speaker
- ✔ Published Author

SPORT



I know the unique mental toughness skills Dr. Perlus developed for me has greatly contributed to my increased success. I don't know what I would do without her guidance. I absolutely used the mental skills Dr. Perlus developed for me to win the World Championships.



- Katie Hartman,
University World Champion

BUSINESS



I believe Dr. Perlus will serve a critical role in the wide range of trainings she will continue to offer to the best of the best here at Marriott International. She is one of the foremost thought leaders in her industry, and she will continue to help our company—and many others—to evolve.



- David Marriott,
Chairman of the Board at
Marriott International

WELLNESS



There's no one more qualified than Dr. Perlus to empower people with proven mental toughness tools to achieve peak results.

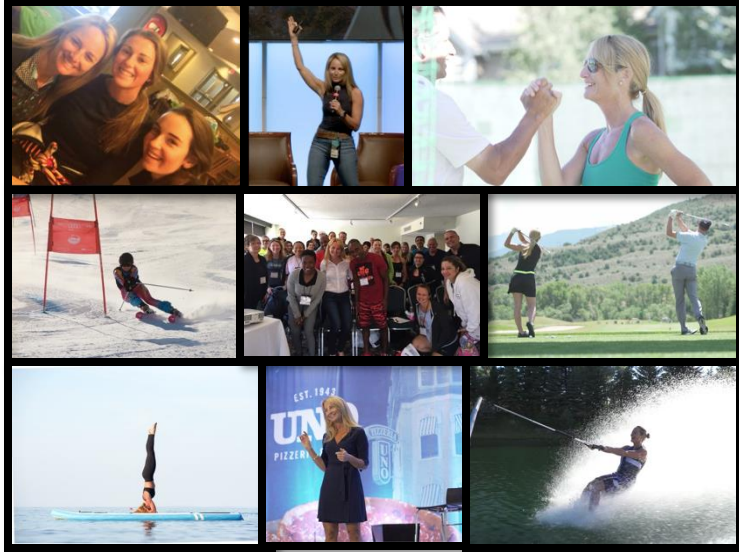


- Harley Pasternak,
Celebrity Trainer, Gym Designer,
and Nutritionist

drhaleyperlus.com

Harness Pressure as a Performance Enhancer

Regardless of the obstacles you feel in front of you, Dr. Haley Perlus is able to connect with you on a personal level to get you to that next step. Taking a unique 3-D approach to performance enhancement, she moves beyond the motivational and equips performers with tools they can implement immediately fostering a lasting sense of confidence and control, especially in high pressure environments. Not only does she encourage you to dream big, she gives you the steps to make those dreams come true.



“ We need inner strength to maximize our outer strength.”

Haley

Brands, Media & Publications

Dr. Haley Perlus has worked with some of the world's top athletes, brands and fitness experts to move past mental blocks in order to achieve results uniquely tailored to the individual or audience needs.



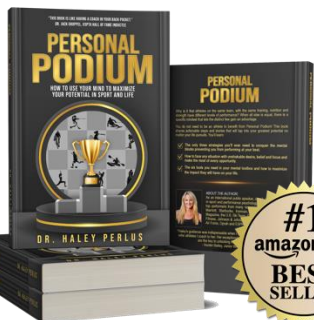
Morgan Stanley

Bristol-Myers Squibb

Marriott

Deloitte. IRONMAN

Are you ready to reach your optimal performance?
Connect with Haley today!



#1
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