



# Anthony Klarica

## The Mind Coach

It is said that it takes 10,000 hours to reach expert level within a chosen field. Those who really want to excel seek the next 10,000 hours. But the journey is difficult and much more is working against you during this stage. Anthony Klarica is a map builder.

### Key Audiences

Executive Management, Government, Sales, Healthcare, Investment and Financial Professionals, Athletes, Students.

### Presentation Opportunities

- Key Note
- Breakout Session
- Seminar
- Workshop
- Private Consultation

### Recent Clients

- Boroondara City Council
- Tennis Australia
- Holden Racing Team
- BHP
- Mayne Pharma (Symbion)
- Australian Pine Direct
- Mobil Exxon
- Pfizer Pharmaceuticals
- Australian Sports Commission
- Honda MPE
- Hawthorn Football Club
- Alternative Technology Association

### Qualifications

- Master of Management and International Business (Monash University)
- Major research project on Leadership
- Master of Applied Science - Psychology (RMIT University)
- Major research project on Mental Skill Requirements of Athletes
- Graduate Diploma in Psychology (RMIT University)
- Major research project on integration of disabled students to mainstream schooling
- Bachelor of Education - Secondary (Melbourne University)
- Major research on link between self-esteem in adolescents and physical activity

### Based

Melbourne, Australia

### Availability

Worldwide

Available for media interviews

Anthony Klarica works with athletes and executives on developing and understanding the roadmap which allows people to excel to their best potential. He works to distinguish between mind and body, work and rest, support and hindrance as well as winning and losing. He works with the comfort zone and keeping people out of it.

He is one of Australia's leading sports psychologists who helps people achieve in line with their true capabilities. Anthony is the guide who enables people to fast track their learning and achieve results in their chosen field by providing the map to the fulfilment of their goals. He has travelled widely with Australian teams and athletes, around Australia and internationally, with a highlight being his participating in the Sydney 2000 Olympic Games.

He has worked across the breadth of sports, not only alongside athletes but also with coaches, administrators, parents and families as well as support crews. His knowledge of what motivates and creates performance, as well as leaders, has also seen him take the stage for a number of corporate including BHP, Mayne Pharma (Symbion), Mobil Exxon, Pfizer Pharmaceuticals, Australian Sports Commission and Honda MPE.

Anthony has also lead a number of campaign consultancies such as the Australian Sports Commission – "Essence of Australian Sport" campaign, BHP 'Safety and Leadership' campaign, Linfox 'Be Responsible' campaign as well as a variety of health, well-being and performance campaigns developed including school well being and positive behaviour programs and worksheets

Anthony is the founder and Director of Elite Performance, based in Camberwell, Victoria. Besides his contribution within this much sought after sports psychology consultancy, his current roles include:

- Sport Psychologist Consultant Hawthorn & Melbourne AFL Clubs (M - 2004-8 H - 2008-)
- Performance Co-ordinator V8 Supercar drivers and teams including Holden Racing Team
- Performance Co-ordinator for a wide range of additional motor-sport athletes and teams including Rally Teams, Road and Dirt Motor-Bike Teams and other Motor-Sport Teams
- Sport Psychologist Tennis Australia High Performance Academy – Victoria
- Implementation of 'Mental Skills' curriculum for Box Hill Specialist Tennis School students
- (Including development of full year program and implementation)
- General consultations to a wide variety of sports including rowing, swimming, fencing, pentathlon, track & field, triathlon and cycling
- Consultant to a number of schools in the government and private sectors on holistic school programs and emotional health and well being
- Psychology consultant to individual schools and students
- Director of KW Communication, creators of 'Workposters', a range of communication and safety posters used extensively in Australian schools and businesses.

He is a registered psychologist and a full member of the Australian Psychological Society

# The Fordham Agency

#### **Career consultancy - overview**

- Sport Psychologist Olympic Park Sports Medicine Centre 1994-
- Sport Psychologist Australian Team, World Pentathlon Championships Italy 2000 (Olympic trials), Hungary, 1999, Mexico, 1998 and Czech Republic (World Cup 1998)
- Sport Psychologist Australian Team World Fencing Championships Korea 1999 and Switzerland 1998 (including Olympic trials)
- Sport Psychologist Australian World University Games Team, Italy 1997
- Sport Psychologist Australian World University Games Team, Spain 1999
- Sport Psychologist Australian Fencing Team Sydney Olympic Games 2000
- Sport Psychologist Modern Pentathlon Team Sydney Olympic Games 2000
- Sport Psychologist Melbourne Park McDonald's Tennis Squads 1994 – 1997
- Sport Psychologist and Fitness Consultant to AFL Field Umpires 1998 – 2002
- Sport Psychologist Hawthorn Football Club, 1996 -1997
- Psychology Consultant to a wide number of schools on many issues 1993-
- Psychologist Industrial Rehabilitation Services 1999
- Psychologist Department of Education 1998
- Psychologist Monash Medical Centre Child and Adolescent psychiatry 1994
- Secondary School Teacher 1990

#### **ADDITIONAL INFORMATION**

- Features Editor, Australian Runner magazine 1989 -1994
- Selected attendee Oceania Olympic Academy, AIS Canberra 1988
- Committee member Vicfit position paper on health in gyms 1998
- President Australian Association of Cognitive & Behaviour Therapy 1997-2001 (Victoria)
- Numerous presentations on a wide variety of topics including coaching, parents in sport and performance in sport
- Attendant at 1988 Seoul Olympic Games
- Committee member, Sports Medicine Australia 1995 (Victoria)
- Competitor 1997 JLW Mt Buller to Melbourne Challenge 2 day event
- State and National level Track and Field Competitor
- U/19 VFL Football player Hawthorn and St Kilda
- VAFA Grand Final player, De La Salle Old Collegians FC
- Junior Shell squad tennis representative
- 1992 Kokoda Trail Trek, Papua New Guinea

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