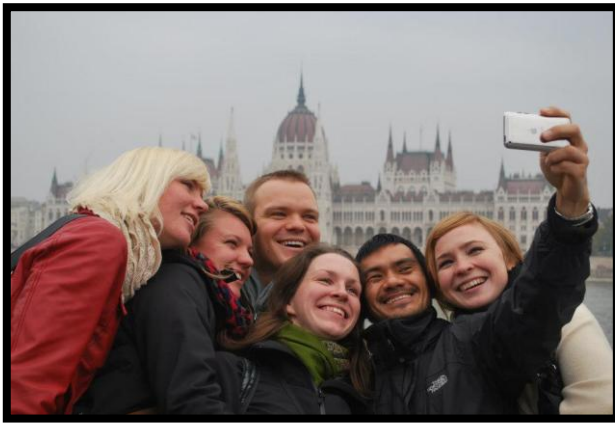


Rocking in Košice – the workshop from the participant view

by Kristel Kiens and Lisa Novoradovskaya

Once upon a time a group of students from Jyväskylä, Finland, decided to jump on a plane and get to Budapest, Hungary, then jump on a train and get to Košice, Slovakia. For the purpose of not only leisure but a great learning opportunity – the 8th ENYSSP Workshop. You could not expect anything less than amazing from a combination like this: an old beautiful town in the heart of Europe, experienced specialists in the field of Sport and Exercise Psychology, a group of energetic curious students, hours of workshops, lectures, activities and socializing with each other. Everybody could find something interesting according to their experiences. Here we share two experiences from



Kristel (Estonia) and Lisa (Russia) combined. The first day of the conference is always very exciting because you have so many new and some familiar faces around and apply quite some effort to try and remember all their names. It was nice to find ourselves in a cozy family-like atmosphere getting ready to listen to experiences and thoughts on Sport Psychology from a variety of specialists.

Lectures and workshops were of course worth being excited about. Chris Harwood's keynote was really enjoyable; he shared some

good tips on practicing Sport Psychology. Importance of applying things to practice and letting real experiences question scientific literature was something me, Kristel, could definitely relate to. Chris made some good exercise suggestions (e.g. "Winner Within" chart) that I will try to put into use in my own practice as well. He also reminded about some tips related to empowering oneself as a practitioner that I will definitely keep in mind.

What we were looking forward to the most were the workshops. One of those which I attended was dedicated to recovery issues among athletes held by Caroline Jannes and Cedric Arijs. Some useful tips to improve the quality of sleep and explanations of reasons behind good recovery among athletes with examples of questionnaires to use kept my attention throughout the session. Active role-play exercise helped linking theory and practice and seeing how questionnaire results could be applied in real situations. As an athlete and a future Sport Psychology practitioner I found this workshop extremely useful.

I had heard something of Peer Consultation Session before the conference (thanks to facebook I have to admit), I had not been to one ever before. Therefore I enjoyed getting a chance to attend it live in Košice. I don't know whether it was the discussion group I was involved in or the challenging case in question, but I definitely benefited from that session a lot. Sharing and discussing ideas about a specific problem among colleagues with various experiences and backgrounds helps seeing the case

from different angles, develop analytical thinking skills and generate a bigger selection of ways to deal with the issue in question. I feel that this kind of session helps improve my own analytical thinking skills and provides new insights into dealing with specific applied problems. So, when was the next one, December 19th?



The most exciting (and I mean nail-biting excitement) part of the day for me, Lisa, was only coming. I came to Košice with a mission of my own: I had to make my first ever poster presentation. I have to apologize to other presenters as I hardly heard their speeches because of my own circling through my mind. So, I take a deep breath and do the best I can do. In my personal opinion (feel free to contact me if you disagree) I nailed it. I enjoyed presenting and getting useful feedback from the colleagues after. Thank you, ENYSSP, for giving us the opportunity to make a first steps to the big life!

The long days of academia and emotions required a rest. But how nice it is when rest actually also stays in frames of Sport and Exercise Psychology! Under careful supervision of our skilled yoga instructor Jonathan Cagas we had an amazing relaxation and did some asanas to help us settle all the knowledge gained throughout the day.

The next day promised to be as great as the first ones. And inspiration kept coming in the area of health promotion. Elena Ondášová presented NGO “Misia 24” which has a noble mission of motivating people to become physically active. In order to fight with the civilization diseases “Misia 24” is providing information, training and educational activities, organizes events and aims at improving the infrastructure conditions. I was fascinated to hear that “Misia 24” is growing in popularity and made an actual effect on the changing of the city infrastructure (like getting more bicycle lanes)! Start small and you can make big changes. The discussion after the presentation was also very interesting as Elena covered issues of financing, networking, marketing and other administrative aspects of the actual functioning of the organization. If we were in a comic strip I would have a light bulb on the side of my head – why not go and do something alike where I live? One of the most memorable moments for me, Lisa, was workshop held by two funny guys and dear friends Peter Schneider and Grzegorz Więclaw about building trust in a team. Things were about to get very physical. As we all were involved in the exercises and saving them to our toolboxes (I already used a couple of them myself and am hoping I did not violate any copyright) we all became closer to each other, more family-like. I recall hanging in the air and being supported by many hands of workshop participants’ – I would do it again for sure!

I found the keynote of Karin de Bruin about eating disorders in sport and Sport Psychology extremely engaging. I came to ENYSSP workshop with a poster presentation on the topic of exercise addiction in general population which is tightly connected with eating disorders and thus was hanging on every word of Karin. She gave an outline of clinical and subclinical eating disorders and a different perspective on the topic: how athletes suffer from eating disorders and how little attention it gets from coaches or psychologists. My jaw dropped when I heard the shocking numbers: 20% of female elite athletes suffer from eating disorders, who would have guessed! It is definitely a problem that must be addressed and definitely worth of academic and applied attention.



Besides formal educational part of the conference, there were of course lunches, dinners and social events where the conversation on Sport Psychology topics kept on going. When the official time during the lectures and workshops is not enough there is just no other option than to keep the discussion going before, during and after lunch/dinner as well. We get to share our passion with people around in both formal and informal ways. How many people do you know that end up talking about their work also during dancing breaks in a club? Well, we know much more of them now. We appreciate every workshop, lecture and poster that was presented in Košice this year; naturally it is impossible to mention them all as human memory has only this much of capacity. We are ready to do it again next year, ENYSSP!