

The 7th ENYSSP Workshop in Jyväskylä, October 11th – 13th 2011 – Learning, Laughing and Lovely People



by Jenna Gestranus (FIN) & Emelie Lindström (SWE)

Wow! That is really the first word that comes to mind after the past three days spent in Jyväskylä at the Science for Success III congress and the 7th ENYSSP workshop. On a ferry home to Aland Islands I feel tired but inspired. Tired from travelling and because my mind has worked on overdrive for three days trying to organize all the interesting findings and experiences that have been presented to me, inspired because I have learned a lot, met a bunch of great people and because I want to go home and try out all the new ideas I have in “real life”.

For a couple of years now after finishing my studies I’ve been searching for my place in the “real world”, in other words trying to figure out how my education is going to translate into the job market and what exactly I want to do. Recently I started my own company working as an applied sport psychologist, still very small scale in addition to my fulltime job, but still my own company. More and more I’m beginning to feel that I’m doing exactly what I want to be doing! This workshop came at a perfect timing for me. Besides adding interesting stuff to my knowledgebase I think I gained a lot of confidence in meeting so many like-minded peers. The workshop was a perfect place to network and build alliances for the future, which if I got the point, is exactly the point of ENYSSP. I can only say well done and thank you to all those who were somehow involved in organizing and making the event.

I couldn’t agree more with Jenna, my roommate during the workshop. Now, a week after I got home from Jyväskylä, I suffer from an inspirational hangover and I’m trying to sort out all the impressions, everything I’ve learned and all the new great colleagues I met.

First, I appreciated that the ENYSSP workshop was arranged together with the KIHU congress. Even though most of it was in Finnish, the English speakers had really interesting subjects! The theme overall was “Talent development” and they provided many interesting findings, experiences and suggestions that I brought home with me.

The ENYSSP workshop kicked off with legendary professor Hanin, who talked about anxiety and emotions in sport. After that I thought, how can the other workshops keep up with this? Well, they did a really good job! First up, Mauro Murgia and Francesca Pivetta blew me away with their research on how to use sound and rhythm from the athletes’ own movement to improve their motor

The ENYSSP Workshop is held in the fall each year, at different venues. This year, it was held in at The University of Jyväskylä.

performance. They used the sound of a good performance and then had the athletes listen to it and try to repeat the performance. They had also done tests on runners and swimmers, by recording their rhythm and then manipulating the sound to make them improve their performance. Amazing!

The ENYSSP Workshops offer the possibility for young and upcoming students and professionals to present their work and discuss experiences with their peers. In addition the ENYSSP workshops have

Next in line, Veli-Pekka Kurunmäki kept us in the area of rhythm, but this time the rhythm of our life and its effect on the rhythm of the heart. He showed us hard facts on how a stressful life and hard training affects our well being and performance. One of the things I brought home to my athletes was the findings on how much a late practice effected and delayed the nightly recovery.

Johan Wikman's workshop about teambuilding was particularly interesting for me since his study is very similar to the one I'm doing for my masters. The workshop was very active, which I appreciated a lot! We tried some exercises which were new to me and that I surely will try with my own teams.



Geir Jordets presentation in the main lecture hall

Geir Jordet shared with us his path, from a graduate to where he is today, working with elite soccer players. He gave us some valuable do's (and don'ts) on how to make way in the field of sport psychology. One was to invest a lot of time into the communication with the clients and especially prospective clients. Who are they and what do they want from me?

The workshop of Michala Bednarikova about transferring skills from business to the sport field was a mind opener for me. The way that she works with people in the business world is not much different from how I work with my coaches and athletes. I had never thought of it that way before, I've just put so much focus on sport. That's something to think about in the future.

As I said, it's a lot to process, but I had a great time as a rookie at an ENYSSP workshop. And as most hangovers, it slowly turns into abstinence, so I'll be back soon. Count on it!

