

Ashley Samson Bio:

Dr Samson is a sport psychology professor in the department of Kinesiology and Health Promotion at the University of Kentucky. Prior to that, she spent 12 years as a full-time professor at California State University, Northridge (in the LA metroplex). She teaches courses in the areas of sport psychology and sport sociology, conducts research on athletes, and also maintains a private practice as a sport psychology consultant. In that role, she works with individual athletes, teams, and coaches on the psychological aspects of peak performance. In her research, she mainly focuses on athlete self-perceptions (self-efficacy, self-confidence, self-talk, etc), and also has an interest in mindfulness practices for athlete well-being and performance enhancement. When not at work, she is either running, doing yoga, or sitting on her horse, who she competes in the equestrian sport of 3-Day Eventing.