



55 Gordon Street. Suite 2A  
Whitby, Ontario L1N 0J2  
Phone: (416) 477-8075  
[info@basketball.on.ca](mailto:info@basketball.on.ca)  
[www.basketball.on.ca](http://www.basketball.on.ca)

### JOB DESCRIPTION: HIGH PERFORMANCE MENTAL HEALTH INTERN

As a High-Performance Mental Health Intern at Ontario Basketball Association, you will play a pivotal role in helping individuals and organizations achieve peak mental well-being and performance. You will work with a diverse clientele, including executives, athletes, teams, and professionals from various industries, providing mental health strategies and interventions.

**LOCATION:** Whitby ON (Remote/Onsite)

**JOB TYPE:** Full-Time

### RESPONSIBILITIES

#### 1. Individual Consultations:

- Conduct one-on-one mental health assessments and consultations.
- Develop personalized strategies to enhance mental resilience and performance.
- Provide ongoing support and coaching to clients.

#### 2. Team and Group Workshops:

- Facilitate workshops and training sessions for teams and groups.
- Foster a positive mental health culture within organizations.
- Collaborate with other consultants to deliver comprehensive programs.

#### 3. Performance Enhancement Programs:

- Design and implement high-performance mental health programs.
- Monitor and evaluate the effectiveness of interventions.
- Stay current with the latest research and industry trends.

#### 4. Collaboration and Networking:

- Collaborate with other professionals, including psychologists, nutritionists, and fitness experts.
- Build and maintain relationships with clients and industry partners.
- Attend conferences and networking events to stay informed and expand professional connections.

### QUALIFICATIONS

- Bachelors degree in Psychology, Counseling, or a related field.
- Professional licensure or certification (e.g., Licensed Professional Counselor, Psychologist).
- Proven experience in mental health consulting, particularly in high-performance settings.
- Strong knowledge of performance psychology, stress management, and resilience.
- Excellent communication and interpersonal skills.
- Ability to work independently and collaboratively in a team.

**Application Process:** If you are passionate about optimizing mental health for high performance and want to be part of a forward-thinking team, please submit your resume and cover letter to Emily Acton, Senior Manager, Business Operations ([eacton@basketball.on.ca](mailto:eacton@basketball.on.ca)).

**Application Deadline:** February 16, 2024 at 11:59PM EST. Ontario Basketball is an equal opportunity employer. Ontario Basketball is pleased to accommodate individual needs. If you require accommodation at any point throughout the recruitment or selection process, please contact Emily Acton, Senior Manager, Business Operations ([eacton@basketball.on.ca](mailto:eacton@basketball.on.ca)). We thank all applicants for their interest, however, only those selected for an interview will be contacted.

#### About Ontario Basketball

Ontario Basketball is the sport governing body for basketball in the province of Ontario. Ontario Basketball was incorporated as a not-for-profit organization in 1977, but its history dates back to over 80 years ago. Ontario Basketball represents amateur basketball interests in the province and oversees basketball development through the provision of programs and services aimed at meeting the needs of the evolving provincial, national and global basketball landscape. For more information, visit [www.basketball.on.ca](http://www.basketball.on.ca).

