

MELISSA DHILLON (M.Sc)

Performance Psychologist
BASES Supervised Sports and Exercise Scientist

Melissa Dhillon is a Performance Psychologist working with elite senior and youth in tennis. I help athletes in tennis to become the best version of themselves. I do this by developing positive mindsets through a holistic approach to achieve optimal performance.

“My mission is to inspire individuals to be the best version of themselves”

Melissa graduated from Loughborough University and has 6 years of applied experience working one to one with clients such as LTA tennis players, English League Footballers, Alps Tour golfers, and Olympians. Melissa brings the following values to her work:

- **Mastery** - becoming great at your skill by having curiosity and openness to learn.
- **Passion** – internal energy, fire and determination of reaching a specific goal or some destination ahead.
- **Courage** – taking the strength and doing the right thing when faced the worst adversity.
- **Fun** – experience of freedom, joy and happiness to create deeper bonds.
- **Integrity** – consistent behaviour traits of being truthful and honest.
- **Humility** – holding others as valuable and high regard to lift them up to high levels of confidence and experience.



Melissa specialises in:

- Transpersonal Performance Psychology
- Positive Psychology
- Humanistic Psychology
- Mental Health & Wellbeing Training
- Solution-orientated Psychology
- Life and Performance Coaching
- Cognitive Behaviour Therapy

These all cultivate a holistic approach by focusing on the individual's conscious and unconscious mind and subjective experiences to facilitate peak performance and flow.

Melissa currently provides:

- One-to-one coaching which consists of assessments and interventions catering to individual's needs.
- A collective approach working closely with other professionals and parents to transform cultures in a team.
- Unblocking barriers to become 1% better.
- Observing training and match sessions
- Presenting complex psychological theory in many simple and engaging approaches and styles.



ABOUT

Melissa's passion for psychology stemmed from her tennis playing career. As an LTA player, Melissa understands and knows exactly what it feels like to be an athlete.

Melissa is currently the Performance Psychologist for Birmingham City Women FC, Birmingham City Girls FC, Salford City FC, Edgbaston Priory Tennis Club, the University of Warwick, Birmingham City University and University of Birmingham where Melissa takes the lead psychology role working with the teams and athletes.

Melissa owns and leads a huge amount of her Performance Psychology consultancy, In the Zone (itz). The consultancy has a total of 7 national and international partnerships with organisations in sports and business such as Julius Baer, Aston Villa FC Foundation and Salford City FC.

Melissa continues to inspire others by presenting at conferences and workshops.

HOW CAN I HELP YOU?

- Deal with external and internal pressures. Playing your best under pressure.
- Grow confidence in your potential by mastering your competencies.
- To be supreme focused on the court. Fully focusing on your goals and visions off the court.
- Elevating performance by entering the 'zone' quite often.
- Becoming mentally and emotionally strong during and post-injury.
- Create positive emotions that work for you by dealing with negative thoughts.
- Increasing high levels of resilience to fight back from setbacks, errors, and distractions.
- Making anxiety, nerves, and perfectionism work for you instead of against you.
- Identifying and trusting your gut feelings whilst performing.

CONTACT MELISSA

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I always believe I can beat the best, achieve the best. I always see myself in the top position.

