

Resume Berber van den Berg

Personal Information

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Work experience

Autor book ECO-Coachen A way of life **2015-present**

Eco stands for ecological, sustainable coaching. A whole lifetime physically and mentally strong. In this book describing father Tjalling van den Berg and his daughter Berber van den Berg the three stages to reach top achievements. Find the strength in yourself, Bind yourself to your goals and Score by making setbacks your personal gains. With practical examples, quotes and assignments the reader is challenged to reflect on themselves and the coaching of others. The totally revised second edition appears on the 7th of September 2017.

Psychologist Mentaal Sterk! **2013-present**

Mental coaching of individuals and groups in the olympic Epke Zonderland gymnastics centre. I work with different (top) athletes to increase their mental strength using theoretical and especially practical exercises. Furthermore, I give lectures/workshops to athletes and entrepreneurs about being mentally strong.

Eco-Coach sc Heerenveen **2013-present**

Providing combined mental-physical training to soccer players from sc Heerenveen. Moreover, I assist the coaches with the mental aspects of athletic performance.

Freelance trainer Mental Toughness Police Academy **2013-present**

Giving presentations about attention- and mind control within the course of Mental Toughness. Furthermore, teaching different exercises about an individual's own ideal preparation towards a task.

Sports instructor Sportstad Heerenveen **2013-present**

Teaching group classes. For example, bodybalance, bodypump, spinning and total body work out to improve both physical and brain fitness.

Assistant researcher academic hospital Maastricht **2011-2012**

Performing qualitative research concerning the healthcare around patients with heart failure at the department of Cardiology. I conducted semi-structured interviews with patients, cardiologists and general practitioners to identify barriers and facilitators for the improvement of heart failure care.

President sports council MUSST Maastricht University **2011-2012**

As president I was in charge of 22 student sport associations in Maastricht. My job was to provide leadership to the board, organize National tournaments and administer subsidy requests.

Tutor Maastricht University **2011-2012**

Guiding and teaching third year psychology students during tutorial groups in Statistics and Neuropsychology.

Researcher InnoSportLab 's-Hertogenbosch**2010-2012**

Master theses research regarding the validity of alpha neurofeedback (activity training) in gymnastics. I was responsible for the execution and evaluation of the study. This neurofeedback set-up was used by an Olympic athlete in preparation towards London 2012. The study reached National press due to the innovative approach of enhancing mental performance.

Sports instructor UM SPORT Maastricht**2008-2012**

Teaching aerobics, powerkick, spinning and bodypump at the sports centre of Maastricht University (UM SPORT). I taught classes to groups of 80 to 100 students.

Columnist gymnastics journal GYM**2008-2012**

Each month I wrote a column about the relation between psychology and sport in Dutch. The goal was to create awareness in an innovative manner.

Gymnastics coach Maastricht De Eendracht**2008-2011**

I was a coach of different groups (recreational and competitive) with the goal to raise the level of gymnastics. Result: increased finalists at the regional championships.

Education

2018-2019	NLP Practitioner	Specialized education in communication skills, subconscious patterns and emotion regulation.
2016-2017	Acceptance and Commitment Therapy (ACT)	Trainer in ACT educated by SeeTrue.
2010-2012	Master Neuropsychology Maastricht University	Graduated. Master theses: "Innovative alpha activity training in elite gymnastics. The first double blind study in sports".
2007-2010	Bachelor Psychology Maastricht University	Graduated. Bachelor theses: "Flowriders, the highway of mentality: Can we induce a state of flow?".
2010	Exchange courses Bachelor Bangor University	During six months abroad I completed the following extra courses: applied sport psychology, group dynamics, topics in illness and disability, motivation and physiology of elite performance. Graduated.
2008	Sport	AALO aerobics in Best (Eindhoven). Certified.
2008	Sport	C-license trainer/coach gymnastics (KNGU). Certified.
2000-2007	Higher level high school OSG Sevenwolden Heerenveen	Direction biology and health. Graduated.

Extracurricular courses

2012	Mindfulness	Eight-week scientific course via Maastricht University. Guided meditation exercises were performed in a group. Besides the practical exercises the theory behind mindfulness was explained. For example, the following theme's were discussed: automatic habits, bodyscan, breathing, goals and judging.
2014	Neuro-Linguistic Programming (NLP)	Training on effective communication. Porgress and solutions focused coaching and systematic dynamics within a group.
2016	Acceptance and Commitment Therapy (ACT)	ACT is a coaching style that focuses on behaviour. Individuals learn to actively accept struggles in their live instead of avoiding them. It also brings people closer to the life they want to live.
2017	ACT in sportpsychology	Learning to make ACT specific towards sport and other performers
2017	Deep Motivational Drivers (DMD's)	DMD's show what a person needs to perform at their best. It helps coaches to optimize their coaching when it comes to motivating an individual.
2017	ACT trainer	Specialised ACT course focust on working with ACT on a daily basis.

Special performances

Top sport

I was an elite gymnast for 15 years. My most important performances were: nomination Olympic Games 2004, third place European Youth Olympic Games (EYOD), Allround Dutch Champion Juniors, Dutch Champion Seniors vault and participation in World Championships. After my gymnastics career I joined a student cycling association. In 2012 we became Dutch student Champion with our team.

The life as an elite athlete has brought me discipline, persistence to achieve my goals and the willingness to work hard every day. I have seen a lot off the world during gymnastics but also after my career. Due to these travels, I have met a lot of different people and seen different cultures. This has led to personal growth on a social and emotional level over the past few years.

Publications

Van den Berg, B.R. (2016). 'Anything you set your mind to'. Sportpsychologische theorie in de Olympische praktijk. *Sportgericht*, 5, 12-15.

Van den Berg, B.R. (2017). Gedachtraining...maar dan anders. Van controledrang naar acceptatie. *Sportgericht*, 2, 12-18.

My Bachelor theses was published in Dutch in two National journals.

Van den Berg, B.R. (2010). Hoe kom je in flow? *Sportgericht*, 6, 34-37.

Van den Berg, B.R. (2010). Hoe kom je in flow? *GYM*, 4, 27-29.

My Master theses on alpha neurofeedback was published.

Dekker, M.K.J., Van den Berg, B.R., Denissen, A.D.M., Sitskoorn, M.M., & Van Boxtel, G.J.M. (2014). Feasibility of eyes open alpha power training for mental enhancement in elite gymnasts. *Journal of Sport Sciences*, 32, 1550-1560.

Skills

Languages	Dutch English	Native Fluent
Computer	Microsoft Word Microsoft Excel Microsoft PowerPoint SPSS	Excellent Average Average Average

Other

References on request.

BERBER VAN DEN BERG

'You can do anything you set your mind to!'