



## DR STEVE GRAEF, PHD

OWNER OF MINDURANCE  
PSYCHOLOGIST (OH7115)

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"I'm a psychologist dedicated to helping growth-minded individuals manage stress, enhance performance, lead others, and design life."

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I'm a licensed and board certified counseling psychologist. I have specialized expertise in sport and performance psychology. A former football player at The Ohio State University, I've found out first hand the mental, physical, and emotional requirements necessary to perform at a high level. After graduation, I attended the University of Akron where I received my PhD in Counseling Psychology and crafted my educational and applied capacity to help individuals and teams harness mental fitness.

Fast forward 10+ years, I have honed this skillset through various endeavors – as a professor and researcher of psychology, college Dean, national presenter, University sport psychologist, leadership consultant, entrepreneur, golf caddy, and rock band singer.

So whether you are an athlete, artist, entrepreneur, or executive, the ability to manage stress and leverage the mental aspect of performance is paramount in pursuing the quest of reaching one's fullest capacity. Though we can cover a lot of ground on our own, sometimes it's value-added to have a side-kick supporting the journey along the way. I look forward to working with you!

## WORK EXPERIENCES

### MINDURANCE

OCTOBER 2015 - PRESENT

Owner and Founder. Psychologist offering individual, group, and organizational coaching.

### SCITRAIN

JANUARY 2019 - PRESENT

Leadership consultant that offers employee development centers and executive coaching.

### THE OHIO STATE UNIVERSITY SPORTS MEDICINE

DECEMBER 2013 - JUNE 2019

Sport Psychologist for university athletics. Deliver clinical and performance enhancement services.

## EDUCATION

### THE OHIO STATE UNIVERSITY

BA - PSYCHOLOGY

### UNIVERSITY OF AKRON

MA - PSYCHOLOGY

### UNIVERSITY OF AKRON

PHD - COUNSELING PSYCHOLOGY

## AREAS OF INTEREST

### STRESS MANAGEMENT

HELPING THE OVERWHELMED NAVIGATE THE CHALLENGES OF LIFE BY DECREASING DEMANDS AND INCREASING COPING RESOURCES.

### PERFORMANCE ENHANCEMENT

HELPING PERFORMERS HARNESS THE POWER OF THE MIND TO OVERCOME DOUBT, INCREASE FOCUS, AND MAINTAIN THEIR HIGHEST PERFORMANCE STATE.

### LEADERSHIP DEVELOPMENT

HELPING LEADERS INFLUENCE OTHERS BY COMBINING BOTH THEIR HEAD AND HEART TO STRATEGY, COMMUNICATION, AND OTHER LEADERSHIP ACTIVITIES.

### LIFESTYLE DESIGN

HELPING THE STUCK CONNECT THEIR INNER SELVES WITH THEIR OUTER WORLD TO MORE DELIBERATELY LIVE THE LIFE THEY WANT TO LIVE.

## CLIENTELE

Adults and Adolescents

Individuals. Groups. Teams. Organizations.

Athletes/Musicians/Dancers/Performing Arts/  
Students/Healthcare/Executives/Coaches/  
Entrepreneurs/Digital Nomads/More!