



DR. EMMA J. STODEL



Dr. Emma J. Stodel is an educator, coach, and eLearning consultant with a background in educational and sport psychology. Her formal education includes a BA(Hons) in Psychology (Reading University, England), an M.Sc. in Sport Psychology (Springfield College, USA), and a Ph.D. in Educational Psychology (University of Ottawa, Canada), followed by research in and practical implementations of eLearning as a Post-Doctoral Fellow.

Emma founded Learning 4 Excellence in 2006 to provide professional, personalised learning experiences designed to achieve success in business, life, and sport. Emma uses winning sport and educational psychology principles to provide individualised online and in-person training services, as well as dynamic, interactive group workshops for business professionals, customer service employees, athletes, coaches, and other individuals looking to achieve performance excellence.

Emma has developed online training programs for the federal government, universities, and not-for-profit organisations. Much of her recent work has been in the healthcare field, including working with the Faculty of Medicine, University of Ottawa to develop the online portion of their new undergraduate medical education curriculum and developing online education to promote collaborative practice among healthcare providers in the areas of long-term care, palliative care, and pain management. As a sport psychology consultant, Emma has over a decade's experience working with National teams and individual athletes, as well as recreational and developing athletes from diverse sports.

Emma has extensive experience working as a facilitator with diverse groups of learners face-to-face and online as a university professor, school teacher, sport psychology consultant, and volunteer coach. She has been invited as a guest speaker by the Ontario Medical Education Network, Breast Cancer Action, and the Canadian Home Economics Association. Emma has presented at National and International conferences and is widely published in academic journals and professional publications. She is a member of the Association for Applied Sport Psychology (AASP).

Emma has won several prestigious awards for her research and online courses, including the Governor General's Gold Medal, the Association for the Advancement of Applied Sport Psychology Dissertation Award, the Springfield College Academic Honours Award for Sport Psychology, and the WebCT Exemplary Course Award. In 2008 she received an Honourable Mention at the CNIE (Canadian Network for Innovation in Education) Awards of Excellence for Excellence and Innovation in Instructional Design. She is a Director of the DIVA Foundation dedicated to improving women's health and well-being. Emma received a certificate of

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appreciation from the Ottawa-Carleton Ultimate Association for her volunteer contributions and has been involved in fundraising for the Cartagena Children's Home in Spain.