

NONPERFORMANCE Workshop Invitation

We invite sport psychologists to take part in one of two 90-minute workshops led by international experts:

Dorota Pietrzyk-Matusik (Poland) on the topic **“Do I Need Supervision? What Supervision Do I Need?”** and

Michala Bednarikova (Slovakia) on the topic **“Inner Agreements: Contracting Between the Personal and Professional Self”**

This workshop is organized by the **APS, Association of Sport Psychologists** with financial support from the **Visegrad Fund**.

Workshops are parallel, starting at 17:00. Capacity is limited to 15 participants per workshop, registration is needed.

When: 20th November 2025, 17:00

Where: Skautský institut, Dolní náměstí
109/29, 779 00 Olomouc

Cost: for free

Registration:

adela.pustejovska01@upol.cz



Do I Need Supervision? What Supervision Do I Need?

This workshop is designed for sport psychologists to explore and critically examine various supervision models currently utilized within sport psychology across our respective countries.

We'll compare and contrast different approaches to supervision, analyzing their strengths, weaknesses, and applicability to diverse professional contexts in sport.

A core focus of the session will be an in-depth discussion on the critical need for supervision in sport psychology practice, addressing its role in ethical conduct, professional development, reflective practice, and ensuring high-quality client care.

Participants will gain a broader understanding of supervision frameworks and be encouraged to reflect on their own supervisory experiences and needs.



Dorota
Pietrzyk-
Matusik

Inner Agreements: Contracting Between the Personal and Professional Self

In the workshop we will explore the concept of contracting through the lens of Transactional Analysis (TA), connecting different types of TA contracts—administrative, professional, and psychological—with the basic human needs for structure, recognition, and stimulation.

Participants will gain a brief understanding of how clear and conscious contracting supports autonomy, mutual respect, and effective collaboration.

Through guided reflection, they will formulate their own “personal–professional” contracts, aligning internal commitments with external roles and expectations.

The session offers practical insight into how self-awareness and well-structured agreements can enhance authenticity, communication, and growth in both personal and professional contexts.



Michala
Bednarikova

