



JONATHAN RHODES, PHD

PUBLIC SPEAKER

Author, Co-Founder of Imagery Coaching

ABOUT JONATHAN

Jonathan Rhodes, PhD, is a chartered British psychologist, researcher, and lecturer specializing in cognitive psychology. He helped develop FIT by raising the performance levels of Olympic athletes, Premiership footballers, and hundreds of others. He partnered with the British Army to develop the Pre-Commando Resilience Program and currently supports organizations with culture change programs.

SPEAKING EVENTS

Harvard's Institute of Coaching
National Wellness Conference
Citadel Corporate Event
Royal Navy, The Choice Point Workshop
European Workshop on Imagery and Cognition

PODCAST EXPERIENCE

All in the Mind Podcast Physical Activity Researcher
Instant Genius
Curious Minds at Work
Sports Psych Show

FUNCTIONAL IMAGERY TRAINING

Function Imagery Training (FIT) is a technique that uses vivid mental imagery to enhance specific tasks or functions. It involves structured mental rehearsals to improve performance, build confidence, and facilitate learning and can be applied in areas like sports, education, and mental health.

RESEARCH

- Using Functional Imagery Training to Enhance Motivation
- Applied imagery for motivation: a person-centered model
- Functional Imagery Training versus Motivational Interviewing for Weight Loss
- Enhancing Grit Through Functional Imagery Training in Professional Soccer

BOOKING INFORMATION

Outreach@imagerycoaching.com

