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Ira Hull Martin, Ed.D., C.P.C.

**Focus:**

Performance Psychology | Leader Development | Stress Management | Team Building | Organizational Behavior

Education:

Doctor of Education, Counseling/Sports Psychology - Boston University
Master of Education, Counseling/Sports Psychology - Boston University
Bachelor of Science, Psychology - Suffolk University
Certified Professional Coach - Institute of Professional Empowerment Coaching

Background:

Dr. Ira Martin has a decade of experience helping high-performing individuals and teams strive for excellence in the corporate, sport, and military sectors. In the corporate realm, he has served mid, senior, and c-suite level executives, in the sport realm, he has served coaches, athletes, and administrators, and in the academic environment, he has consulted with institutions interested in character and leader development. Recently, he has been a resource to first responders

looking to manage stressors and enhance team culture. In conjunction with his consulting experiences, he has spent time in the classroom at institutions such as Boston University, The United States Coast Guard Academy, and Connecticut College teaching business and psychology courses.

Dr. Martin has a passion for building strong relationships with individuals, and creating an environment that promotes reflective dialogue and active learning to empower movement and growth. He enjoys helping individuals strive toward excellence, educating on performance psychology mental skills, and helping clients reach personal and professional goals. His work grounds itself in the academic disciplines of performance, social, and cognitive psychology, and business management principles.

Ira is the owner of prepare2perform. He became interested in sport and performance psychology as a collegiate ice hockey player, and is passionate about educating teams and executives, in group and individual settings. He is a member of the Association of Applied Sport Psychology and the Eastern Academy of Management.

To book Ira Martin or for more information on finding the right speaker for your event please contact us on our website at www.hspeakers.com or call us at 857.770.1281.

