



**Resources for February 15, 2024 Conversations with the Dean Webinar
The Psychology of Excellence**

Articles of Interest:

- <https://www.bu.edu/wheelock/news/articles/2021/getting-into-the-zone/>
- <https://www.bu.edu/articles/2022/tom-brady-greatest-legacy>
- <https://www.bu.edu/wheelock/news/articles/2022/sport-psychology-book-by-edson-filho-new-addition-to-olympic-world-library/>

Speaker Resources:

- Edson Filho books and publications
 - Sport, Exercise and Performance Psychology: Research Directions To Advance the Field, <https://academic.oup.com/book/39228>
 - Advancement in mental skills training, <https://www.taylorfrancis.com/chapters/edit/10.4324/9780429025112-1/advancements-mental-skills-training-peter-terry-maurizio-bertollo-edson-filho>

BU Wheelock Centers

- The Performance Recovery and Optimization (PRO) Lab, <https://www.bu-prolab.org>
- The Institute for Athletic Coach Education (IACE), [Institute for Athletic Coach Education | Wheelock College of Education & Human Development \(bu.edu\)](https://www.bu.edu/wheelock/institute-for-athletic-coach-education/)