



**Gonçalo Marques**, MSc

**Integrative Clinical Psychology + Sports**

Certified Trainer

Founder of EWS – Efficiently Work Sport

*"Building Psychology for Optimization in Sports"*

Assisting : Athletes; Coaches; Parents

| Relationships | Performance | Mental Health |



Explore this Code



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ewsport.eu

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Podcast!

Empathic, attentive, and sensible, moved to assist people reaching empowering meanings to their suffering, and attaining a stronger sense of self and relief.

With eclectic backgrounds and Perspectives, I unite efforts to improve Mental Health and Performance, while grounded by deontological principles.

I consider that I'm focused, responsive, and resilient, and have a special interest in Education, ranging from Sport Psychology, Parenting skills, and Psychoeducation for healthy behaviors & others that hinder Wellbeing or optimal functioning.

I decided to create EWS out of the need of assisting Athletes, Coaches, and Parents on Performance related topics, and on Mental Health issues. I find it critical to bring awareness, humanistic values, and empathy to these environments (whether at the Grassroots levels, or High Performance domains).

I've set **3 main Pillars** for EWS Mission:

- Prevent Mental Illness. Often times the Sporting experience can be heavy and too harsh to bear. So we want to support any person involved to not get stuck in depression, severe anxiety, burnout, or other painful conditions.
- Nurture Healthier Environments and a Richer Development in individuals. We want to combat discouragement and helplessness, and avoid precece abandonment from sports.
- Provide diverse Knowledge for better Practices and for Performance improvements.