**ERIN HERLE**  
[erinherle@gmail.com](mailto:erinherle@gmail.com)  
(818) 421-3506

**Future CMPC on a mission to help combat sports athletes with their mental wellness for optimal performance and enjoyment.**

**WORK EXPERIENCE**

**Mental Performance Consultant**

**Train Ya Mind!**

March 2023 - Present

Train Ya Mind is my consulting practice where I help athletes strive for excellence using evidence-based theories and interventions. My philosophy is rooted in authenticity as I use emotional intelligence, self-compassion, and psychological safety to bring about the best version of you.

I teach mental skills such as self-talk, arousal management goal setting, imagery, attentional control, positive coaching strategies, mindfulness, and more.The theories that inform my practice include Acceptance and Commitment Training (ACT), Self Determination Theory (SDT) and Self-Efficacy Theory. My primary focus is combat sports and I am interested in working with executives, first responders, and sport organizations.

**Executive Director**

**#SubmitTheStigma**

February 2016 - Present

I founded the nonprofit in 2016 and I lead a team of staff and board of directors to destigmatize mental health in the jiu jitsu community.

#SubmitTheStigma was founded to normalize mental health in the jiu jitsu community. What started as a campaign to encourage communication about mental illness is now a 501(c)(3) non-profit with educational workshops, fundraising opportunities, and a strong community of ambassadors.

Through our Mental Health Conscious Academy Workshop we educate academy instructors/owners/support staff on how to approach those dealing with possible mental health issues.

**Head Coach**

**Erin Herle Jiu Jitsu**

Worldwide  
August 2015 to Present

I am a world class Brazilian jiu jitsu coach who has trained under the foremost champions in the world. I have extensive experience teaching seminars and workshops internationally and have accomplished many titles in the sport.

I have taught hobbyists and champions and everything in between. My approach is person-centered as I care that each and every student understands the content that I teach.

**EDUCATION**

**M.S. in Sport and Performance Psychology**

UNIVERSITY OF WESTERN STATES - 2023

**B.A. in English/Creative Writing**

CALIFORNIA STATE UNIVERSITY NORTHRIDGE - 2014

**CERTIFICATIONS**

**NREMT Certified EMT**

EMT ID: 0438-2780-5120

Issued: 12/2020

**ATHLETIC ACCOMPLISHMENTS**

**Brazilian Jiu Jitsu Black Belt earned Nov. 7, 2017**

**2018 IBJJF Asian Open Championship Gold Medalist - Black Belt - Tokyo, Japan**

**2018 #1 Ranked UAEJJF American Female Black/Brown Belt Athlete**

**2017 IBJJF World Championship Silver Medalist - Brown Belt - Long Beach, CA**

**2016 IBJJF European Championship Gold Medalist - Brown Belt - Lisbon, Portugal**

**2015 IBJJF Nogi World Championship Gold Medalist - Brown Belt - Long Beach, CA**

**Amateur MMA Record 1-0 - Nov. 9, 2019 - Winner by TKO in 2nd Round**

**REFERENCES**

Valery Brosseau - Colleague #SubmitTheStigma - [valery@submitthestigma.org](mailto:valery@submitthestigma.org)

Jaime Sawchuk - Instructor University of Western States - [jasawchuk@uws.edu](mailto:jasawchuk@uws.edu)

Rubens Charles Maciel - Professor Cobrinha Jiu Jitsu - [info@cobrinhabjj.com](mailto:info@cobrinhabjj.com)

**LINKS**http://www.erinherle.com   
http://www.submitthestigma.org - My 501(c)3 Nonprofit for Mental Health Awareness