

## **Team Canada's mental health practitioner to speak at Central Library**

Improve your mental performance with tips from Lisa Hoffart, who worked with Team Canada at the 2024 Paris Olympic Games. She'll discuss mental excellence and ways to enhance performance during a public talk at Central Library on Wednesday, September 4.

Presented through a partnership between Regina Public Library and Run Regina, Hoffart will talk about how to get into an excellence mindset, using mental strategies and habits that propel top athletes to success.

"Whether you consider yourself a runner or not, Lisa will share strategies for peak performance in any activity you set your mind to," said Shawn Weimer, Executive Director for Run Regina, "I encourage everyone to take this opportunity to learn from one of Canada's top mental performance consultants."

Hoffart is freshly back from the 2024 Olympic Games in Paris, where she was a Mental Health Practitioner for Team Canada. She was also the Mental Health Lead for Team Canada at the 2023 PanAm Games in Santiago, Chile, and was part of the Team Canada mission staff at the 2022 Beijing Olympics.

"Lisa has supported many athletes, teams, and coaches with their mental performances for their athletic achievements, said Nancy MacKenzie, Executive Director of Customer Experience, "We are excited to hear her message and hope it will inspire others towards excellence in their goals."

Participants can register to attend the event in-person at RPL's Central Library. Registration is currently open on the [library's website](#).

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For more information:

Courtney Bates-Hardy  
Marketing and Communications Consultant  
Regina Public Library  
306-777-6182  
[chardy@reginalibrary.ca](mailto:chardy@reginalibrary.ca)

Shawn Weimer  
Executive Director, Run Regina  
Race Director, GMS Queen City Marathon  
306-581-4319  
[runqcm@hotmail.com](mailto:runqcm@hotmail.com)