

Dr. Brad Miller, Psy.D, a licensed clinical psychologist, has spent over 20 years helping youth and adult athletes grow their ability to control their performance anxiety and stress, to persevere and improve their overall sports performance. Brad played at Wake Forest University (1989 ACC Champion), and as a lifelong soccer player, coach and parent, he knows a thing or two about the game.



"As an ACC Champion at Wake Forest University, for the first time in my life, my performance anxiety turned my sanctuary into a battlefield. I became my toughest opponent. This pain has become a gift because it fuels me to help players grow their resilience mindset so they will not experience the struggles I had as a Division I soccer player. This is why I have such passion to help players strengthen their ability to push through setbacks and overcome obstacles both on and off the field."

Matt Spear has excelled in every arena he's touched, including as a Captain of an NCAA Division I Final Four team, an NCAA Division I Head Coach (Finalist for National Coach of the Year, ten wins over ACC teams and US Soccer A License), a Pro Soccer Team President/GM (franchise turnaround in culture, team results, stadium improvements), a sports marketing entrepreneur (telecasts, web sites) and a leadership consultant.



"I have long believed in and led with a focus on a growth mindset. My journey in soccer and life has progressed with a holistic mission of well-being. And one's mental game is critical - in soccer and in life. 2020 taught me - and us - so much including the need to remove the stigma around mental health. Let's open up and get better - together."