



Biography (max 250 words)

Dr Harry Lim graduated with a B.Sc. in Sports Science (Psychology) 1st Class Honours from Liverpool John Moores University, UK. He was then offered a studentship to pursue a doctorate at Brunel University London, UK, investigating the psychological, psychophysical, and ergogenic effects of music in sport, exercise, and rehabilitation.

He started out his journey as a sport psychologist at the Singapore Sports School, before heading the sport psychology department at the National Youth Sport Institute. He is currently one of two senior sport psychologists at the High Performance Sport Institute, Singapore (formerly the Singapore Sport Institute). He has consulted for youth and senior national elite athletes and coaches across multiple major events such as Asian Games, Youth Olympics, and the Olympics/Paralympics. His professional philosophy as a sport psychology practitioner is anchored on a humanistic approach, whereby importance is placed on the development of the athlete as a person, considering identity, choice and the athlete's long-term career. Some key approaches that guide his practice include the Holistic Ecological Approach and Acceptance Commitment Therapy. Dr Harry concurrently holds an adjunct assistant professor position at the National University of Singapore, teaching sport psychology at the undergraduate level and supervising final year thesis students.

As a researcher, he has published in numerous high impact psychology, sport and exercise journals. His current interests include optimising the athlete environment to develop key psychological characteristics for high performance, enhancing attention and resilience under pressure, athlete mental health and well-being, facilitating coach-athlete relationships, and building sustainable high-performance cultures.

Vision statement (max 250 words)

As a representative from Southeast Asia, my vision is to ensure that this vibrant and diverse region—home to a significant sports base—is meaningfully included in the global development of sport psychology. By bringing cultural representation to the Managing Council, I aim to advance ISSP's commitment to diversity, inclusivity, and professional excellence.

My priority is to contribute to the growth of sport psychology in Southeast Asia by applying ISSP's high international standards of research, education, and applied practice. This includes raising awareness of the discipline, supporting culturally sensitive applications of sport psychology, and fostering research that reflects the unique contexts of athletes, coaches, and practitioners in the region.

Aligned with ISSP's strategic plan, I seek to champion underrepresented regions by creating platforms for knowledge exchange, developing mentorship opportunities for early-career professionals, and promoting culturally appropriate contributions from Southeast Asia to the global sport psychology community. I believe that embedding cultural lenses into ISSP's initiatives will not only strengthen the Society's impact worldwide but also ensure that our practices resonate authentically across diverse populations.

Through collaboration, representation, and a deep appreciation for cultural nuance, I aspire to support ISSP in fulfilling its mission as a global leader in sport psychology—one that embraces inclusivity while maintaining the highest standards of professional excellence.

Short promotional statement (max 60 words)

Sport psychology has had a positive influence on my life and career, which has led to a strong desire to further grow and develop the field in Singapore and beyond. Instead of waiting for opportunities to do that, I have decided to seize the initiative to step up and contribute more, through this position in the ISSP managing council.

Position applying for:

Member-at-large

Nominators:

1. Dr. Kristoffer Henriksen, khenriksen@health.sdu.dk
2. Karen Lo, karen@inneredge.com.hk

Links

<https://discovery.nus.edu.sg/17350-harry-lim/about>

<https://www.linkedin.com/in/harry-lim-72972441/>