

Dr. Jay-Lee Longbottom

Psychologist, PhD Sport & Exercise Psychology
Singapore Sports Medicine Centre



Jay-Lee is a former USA NCAA Div-I, collegiate golf player with Academic All-American honors. Jay-Lee completed her Masters of Psychology from California State University, Fullerton and PhD in Sport and Exercise Psychology from the University of Western Australia, and is a registered Psychologist with the Psychologists Board of Australia. Jay-Lee is currently based in Singapore as a sport and performance psychologist to young athletes as well as adults looking to raise their standard of performance and thrive under pressure with less stress and anxiety.

Jay-Lee holds an assistant professorship at the National University of Singapore and has published multiple research papers, including the invitation to write a co-authored book chapter in Routledge's new International Handbook of Golf Science. Jay-Lee's co-authored publication on the choking phenomenon in golf in the Journal of Sport and Exercise Psychology, was rated most viewed publication on the journal's website in 2010.

Jay-Lee consults with players on the Asian Tour and Professional Golf Tour of India as well as developing athletes in a range of sports. Dr Jay-Lee served as the primary sport psychologist on the 2016 Rio Olympic campaign for the Women's 49erFX Singapore Sailing team.

Dr Jay-Lee's philosophy is, ***"If we can train our bodies to become stronger and more skilled, we can do the same for our minds."***