
Logan Cavanaugh
*Director, Peak
Performance*



Logan Cavanaugh, M.Ed., CMPC, BCB is a former collegiate athlete turned mental performance coach. Throughout her career, she has worked with a variety of clients such as military personnel, DI and DIII college athletes, youth athletes, Veterans, college students, and business professionals, on performance enhancement techniques, cognitive skill development, resilience training, and career transition skills. She is both a Certified Mental Performance Consultant (CMPC) through the Association of Applied Sport Psychology (AASP) and Board Certified in Biofeedback (BCB) through the Biofeedback Certification International Alliance (BCIA). She has experience in individual coaching, group training facilitation, biofeedback training, skill analysis, needs assessments, and program development. Her approach stems from evidence-based strategies, performance metrics, and a holistic framework, ensuring each client has a customized experience focusing on their values, goals, and strengths.

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