

# Managing Psycho-social Challenges for **Active Lifestyle** Clients

**Dr. Bruce Pinel**  
(Ph.D., Sport Psychology)  
Mental Performance Consultant

**Health**

**Injury**

**Wellness**

**Resilience**

**Performance**

**Dr. Bruce Pinel** - an innovative and leading practitioner bringing his energy, passion, and expertise to the injury & health management field since 2001.



**Dr. Bruce Pinel**

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Victoria, BC

- Part of inter-disciplinary health care teams in the area of injury & health management for over 5000 clients
- Proven leadership and expertise as a consultant and sought-after keynote speaker for multiple agencies & conferences in the health care and performance fields relating to injury rehabilitation, health & wellness, stress & adversity management, and building resiliency
- Pragmatic & positive approach to improving function & building resiliency
- Empowering clients as central agents in the recovery and change management process
- Proactive strategies to optimize return to function, return to work, improve quality of life, and enhance activities of daily living
- Continuity of care in inter-disciplinary contexts

**Appointments available at RebalanceMD in-person or via telehealth.**  
**(Private, WSBC, LTD/IRS, ICBC, & 3rd Party Funders)**

**Phone 250-598-7410 to book or**  
**<https://rebalancemdphysio.janeapp.com/>**