

Igor je diplomirao četverogodišnji studij psihologije na University of Minnesota u SAD-u 2007., a magistrirao na Filozofskom Fakultetu u Zagrebu. Do 2008. godine profesionalno se bavio plivanjem i predstavljao Hrvatsku na brojnim europskim i svjetskim prvenstvima, Mediteranskim Igrama i Olimpijskim Igrama u Ateni 2004. Po završetku plivačke karijere započeo je svoj profesionalni rad sa sportašima kao trener, te sportski savjetnik i mentalni trener.

Igor je usmjeren na mentalni trening u sportskoj i općoj populaciji, te mentalni trening u poslovnom kontekstu. Kao psiholog imao je priliku raditi s nekoliko stotina vrhunskih sportaša, olimpijaca i osvajača olimpijskih odličja, te raznim sportskim timovima na nekoliko Svjetskih Prvenstava.

Vlasnik je i direktor tvrtke Mental Training Center d.o.o. koja pruža usluge elitnog sportskog i poslovnog treniranja, savjetovanja i mentalnog treninga za mnoge različite sportove. Pokrenuo je i prvu nacionalna edukacija za trenere u području psihologije sporta a njegova tvrtka pruža online tečajeve i objavljuje knjige dostupne na hrvatskom i engleskom jeziku na različitim platformama.

Uz Mentalni trening, posljednjih 14 godina Igor je radio za različite klubove i organizacije te sudjelovao u brojnim projektima. Neki od njih su: Odjel za podršku žrtvama i svjedocima pri Sudu u Zagrebu; Vanjski predavač u Športskoj gimnaziji Zagreb za područja Sportske psihologije, HAPK Mladost, trener plivanja; PK Cerine, mentalni trener i savjetnik za plivače; Fitnes učilište Zagreb, predavač iz Komunikologije i Promjene životnog stila.

Od dodatnih edukacija, Igor je vlasnik nekoliko diploma i certifikata: Neurolingvističko programiranje NLP poslovni trener; NLP praktičar, Blok periodizacija pod vodstvom prof. Juri Hanin; Optimizacija razine učinka kod olimpijskih sportaša; Kognitivno bihevioralna terapija (završen prvi stupanj edukacije); Hipnoterapeut (završen prvi stupanj edukacije).

Tijekom svoje sportske i akademske karijere dobio brojna priznanja i postignuća. Neka od njih su: 5 najboljih studenata sportaša na Sveučilištu Minnesota (2007); MVP (nagrada za najkorisnijeg člana tima) Odjel za Sport Sveučilišta u Minnesoti (2007); Academic All American izbor najboljih studenata sportaša u SAD-u (2005.-2007.); Finalist Svjetskog i Europskog prvenstva (2002 i 2006); priznanje američkog Senata za Olimpijske igre u Ateni (2004); osvajač medalje na Mediteranskim igrama (2001.)

Danas uz mentalne treninge u sportu i poslovne treninge te consulting za manje firme i start-up kompanije Igor piše knjige te je autor ili koautor nekoliko knjiga i radova: Mentalni trening priručnik za sportaše (2022); Kako graditi otpornost na stres (2021); Mala knjiga velikih promjena (2020); Roditelji novog doba (2019); Mentalni trening za trenere (2017); Perfekcionizam, natjecateljska anksioznost, pobjeda i zadovoljstvo kod adolescentnih sportaša (2012); koautor na istraživačkom projektu: Natjecateljska anksioznost i ciljna orijentacija kod hrvatskih sportaša (2011), koautor na istraživačkom projektu: Perceptivni aspekti plivanja (2006)

Igor graduated from a four-year course in psychology at the University of Minnesota in the USA in 2007 and received a master's degree from the Faculty of Philosophy in Zagreb.

Until 2008, he swam professionally and represented Croatia at numerous European and world championships, the Mediterranean Games, and the Olympic Games in Athens in 2004. After finishing his swimming career, he began his professional work with athletes as a coach, sports consultant, and mental coach.

Igor is focused on mental training in the sports and general population, and mental training in a business context. As a psychologist, he had the opportunity to work with several hundred top athletes, Olympians and Olympic medal winners, and various sports teams at several World Championships.

He is the owner and director of Mental Training Center d.o.o. which provides elite sports and business coaching, consulting, and mental training services for many different sports. He also launched the first national education for coaches in the field of sports psychology, and his company provides online courses and publishes books available in Croatian and English on various platforms.

In addition to Mental training, for the past 14 years, Igor has worked for various clubs and organizations and participated in numerous projects. Some of them are the Department for support of victims and witnesses at the Court in Zagreb; External lecturer at the Zagreb Sports High School for Sports Psychology, HAPK Mladost, swimming coach; PK Cerine, mental coach and counselor for swimmers; Fitness University Zagreb, lecturer in Communication Studies and Lifestyle Changes.

From additional education, Igor has several diplomas and certificates: Neurolinguistic programming, NLP business trainer; NLP practitioner, Block periodization under the guidance of prof. Juri Hanin; Optimizing performance levels in Olympic athletes; Cognitive behavioral therapy (completed the first level of education); Hypnotherapist (completed the first level of education).

During his sports and academic career, he received numerous awards and achievements. Some of them are: Top 5 Student-Athletes at the University of Minnesota (2007); MVP (Most Valuable Team Member Award) University of Minnesota Athletic Department (2007); Academic All-American selection of the best student-athletes in the USA (2005-2007); Finalist of the World and European Championships (2002 and 2006); recognition of the US Senate for the Olympic Games in Athens (2004); medal winner at the Mediterranean Games (2001)

Today, in addition to mental training in sports and business training and consulting for smaller companies and start-up companies, Igor writes books and is the author or co-author of several books and works: Mental training manual for athletes (2022); How to build resistance to stress (2021); Little Book of Big Changes (2020); Parents of the New Age (2019); Mental training for coaches (2017); Perfectionism, competitive anxiety, winning and satisfaction in adolescent athletes (2012); co-author on the research project: Competitive anxiety and goal orientation in Croatian athletes (2011), a co-author on the research project: Perceptive aspects of swimming (2006)