

## Milt Lowder

Founder and CEO, Amplos, Renowned Sport Psychologist

Dr. Lowder is a performance psychologist and serves as a partner at AMPLOS. Dr. Lowder completed his Ph.D. in Counseling Psychology with a concentration in Organizational Development from the University of Kentucky. Dr. Lowder builds trusting relationships with individuals, teams, and organizations to maximize their performance in all aspects of their lives. He helps his clients develop and implement practical strategies to create the best version of themselves. Dr. Lowder serves as the Sport Psychologist for the Clemson University Athletic Department, where he works with student-athletes, teams, and coaches to improve their performance and to assist them as they deal with the pressures of college athletics and life. Dr. Lowder is married with three children and lives in Greenville, SC. He enjoys spending quality time with his family, playing and attending sporting events, and the outdoors.