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Raphael Bonetti

Postdoctoral Scholar, Psychology

Bio

BIO

Raphaël Bonetti is a postdoctoral scholar in the Stanford Psychophysiology Laboratory (SPL) and the Wu Tsai Human Performance Alliance.

His research focuses on emotion regulation, performance, and well-being in elite athletes. He combines randomized field trials in real competitive settings with qualitative work on how athletes experience and regulate emotion in their sport. His current projects test whether a digital mindsets intervention can improve performance and well-being in both collegiate and professional athletes.

Raphaël received his M.Sc. in Psychology from the University of Geneva and his Ph.D. in Psychology from the University of Lausanne.

He is also a certified sport psychologist (FSP) who has worked with Olympians and elite athletes in a wide range of sports, including American football, basketball, boxing, climbing, cycling, equestrian, figure skating, golf, gymnastics, MMA, sailing, skiing, soccer, swimming, tennis, track and field, triathlon, and volleyball.

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