

John Lannan
Major League Mental Performance Coach
Toronto Blue Jays

John is a former Major League Baseball pitcher and current Major League Mental Performance Coach for the Toronto Blue Jays.

Over the course of his 13-year professional baseball career, John played with five different Major League organizations (Washington Nationals, Philadelphia Phillies, New York Mets, Colorado Rockies, Kansas City Royals). Since retiring in 2017, John has obtained a Masters degree in Sport Psychology and Clinical Mental Health Counseling and a Certification in Mental Performance Consulting (CMPC). In addition to his current role with the Major League team, John has also coached at several affiliates within the Blue Jays organization including Triple-A, Low-A and supporting players rehabbing from injury at the Blue Jays Spring Training complex. John currently lives in Tampa, FL with his wife and two children.