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<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>11:40 – 12:00</td>
<td>6770. More than just mental skills: Developing alternative strategies through the Stage 2 process. Chris Bradley, Loughborough University</td>
<td>6718. Paper 3. <em>“Think Aloud” – Examining the suitability of traditional and task specific training for Think Aloud protocol.</em> Phil Birch, University of Chichester</td>
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<td>6719. Paper 4. <em>“Think Aloud”: Investigating the relationship between cognition, external physiological and performance feedback in 16.1km time trial cyclists.</em> Hollie Jones, University of Central Lancashire</td>
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</tr>
<tr>
<td>12:00 – 12:40</td>
<td>Poster Session</td>
<td>6665. Elite athlete perceptions and experiences of the relationship between well-being and sport performance: A thematic narrative analysis H Clowe, Liverpool John Moores University</td>
<td></td>
</tr>
<tr>
<td>12:40 – 13:40</td>
<td>Lunch</td>
<td>6625. A Longitudinal Examination of Elite Athlete Well-Being Rachel Clancy, University of Limerick</td>
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</tr>
<tr>
<td>13:40 – 14:00</td>
<td>Oral Presentations</td>
<td>Symposium</td>
<td>Workshop</td>
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>14:00 – 14:20</td>
<td><strong>A Meta-Analysis of the Relationship between Exercise Behaviour and Explicit Exercise Identity</strong>&lt;br&gt;David Tod, Liverpool John Moores University</td>
</tr>
<tr>
<td>14:20 – 14:40</td>
<td><strong>Stimulating people with disabilities who are ready to participate in physical activity: a systematic review</strong>&lt;br&gt;Eva Jaarsma, University of Birmingham, School of Sport, Exercise and Rehabilitation Sciences</td>
</tr>
<tr>
<td>14:40 – 15:00</td>
<td><strong>Mental toughness, mindfulness, and pain catastrophizing and their association with pain experience</strong>&lt;br&gt;Martin Jones, University of Exeter</td>
</tr>
<tr>
<td>14:00 – 14:20</td>
<td><strong>Novel strategies for endurance performance</strong>&lt;br&gt;Carla Meijen, Endurance Research Group, University of Kent</td>
</tr>
<tr>
<td>14:20 – 14:40</td>
<td><strong>The role of sources of self-efficacy in endurance performance</strong>&lt;br&gt;Paul Aanstiss, University of Kent</td>
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<tr>
<td>14:40 – 15:00</td>
<td><strong>The effects of mental fatigue on long-term endurance performance</strong>&lt;br&gt;Chiara Gattoni, University of Kent</td>
</tr>
<tr>
<td>14:00 – 14:20</td>
<td><strong>Application of the Facial Feedback Hypothesis to Endurance Performance – Does Frowning Modulate Perception of Effort?</strong>&lt;br&gt;Alister McCormick, University of St Mark &amp; St John</td>
</tr>
<tr>
<td>14:20 – 14:40</td>
<td><strong>Running a Psyching Team: The introduction of mental support at endurance events in England</strong>&lt;br&gt;Carla Meijen, University of Kent</td>
</tr>
<tr>
<td>14:40 – 15:00</td>
<td><strong>Elephant Spotting: The importance of shared formulation in working more effectively with athletes.</strong>&lt;br&gt;James Bickley, Changing Minds UK</td>
</tr>
<tr>
<td>14:00 – 14:20</td>
<td><strong>Antecedents and Consequences of Fixed and Growth Mindsets in Elite Swimmers</strong>&lt;br&gt;Kate Lord, Loughborough University</td>
</tr>
<tr>
<td>14:20 – 14:40</td>
<td><strong>Developing resilience-based life skills: Can we support lifelong wellbeing?</strong>&lt;br&gt;Hamish Cox, Cardiff Metropolitan University</td>
</tr>
<tr>
<td>14:40 – 15:00</td>
<td><strong>Developing, Implementing and Evaluating life skills modules for Golf Union of Wales Coaching Centres across Wales.</strong>&lt;br&gt;Charlotte Williams, Cardiff Metropolitan University</td>
</tr>
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<tr>
<td>15:00 – 15:20</td>
<td><strong>Tea &amp; Coffee Break</strong></td>
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</tbody>
</table>
| 15:20 – 16:20 | **Keynote**  
Psychology of Physical Activity: Interventions and outcomes  
Professor Nanette Mutrie, University of Edinburgh |
| 16:20 – 16:40 | **Oral Presentations**  
6460. Acceptability of a 10 week instructor led, group based HIIT intervention for physically inactive adults  
Florence Kinnafick, Loughborough University |
|             | **Symposium**  
6754. Adapting mental skills training from sport to homeless youth: What works and why?  
Sam J Cooley, University of Birmingham |
|             | **Oral Presentations**  
6607. Rational Emotive Behavior Therapy (REBT), irrational beliefs, and the mental health and well-being of athletes  
Martin Turner, Staffordshire University |
| 16:40 – 17:00 | **Oral Presentations**  
6646. Is Social Identity of Leadership (SiL) fit for purpose? Impact of a leadership intervention on perceptions of leadership and exercise outcomes  
Joanne Wood, Staffordshire University  
6755. Paper 1. The Delivery Model of the Mental Skills Training for Life Programme  
Jennifer Cumming, University of Birmingham  
6756. Paper 2. The feasibility of a strength based mental skills training programme for homeless youth  
Mark J. G. Holland, Newman University |
|             | **Oral Presentations**  
6626. The Effects of a Rational Emotive Behaviour Therapy (REBT) Intervention on Performance in Elite Paralympic Athletes.  
Andrew Wood, Staffordshire University |
|             | **Oral Presentations**  
6660. Creation and implementation of a psychological treatment plan for long-term injured footballers: An integrated approach  
Misia Gervis, Brunel University |
| 17:00 – 17:20 | **Oral Presentations**  
6645. Priming Satisfaction and Frustration of Autonomy Decreases Persistence on a Self-Control Task but not Physical Activity Intentions  
Stephen Murphy, Loughborough university  
6757. Paper 3. Mental skills training in homeless youth: Approaches to developing self-regulation  
Sam J. Cooley, University of Birmingham  
6732. Adverse life events influence cardiovascular responses and sports performance under pressure  
Lee Moore, University of Gloucestershire |
|             | **Oral Presentations**  
6681. An exploration of elite footballer’s psychosocial experiences of recovering from injury  
Amanda Wilding Pinckney, Southampton Football Club |
| 17:20 – 17:40 | **Oral Presentations**  
6710. How do male and female primary school children engage in play pre- and post-integration of Key Stage One and Key Stage Two?  
Tracey Devonport, University of Wolverhampton  
6758. Paper 4. Approaches to giving and receiving social support: The mental skill of support seeking  
Mary L. Quinton, University of Birmingham  
6400. The use and effectiveness of m-a-c monitoring among elite team sport athletes: road to gold  
Philip Lew, National Sports Institute of Malaysia |
|             | **Oral Presentations**  
6674. Mental Health & Wellbeing  
The role of previous life events in athletes’ psychological responses to injury  
Helen Oliver, Cardiff Metropolitan University |

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6759. Paper 5. **Linking processes to outcomes: The importance of understanding the ‘how’ and ‘why’ of delivering mental skills training to homeless young people**
Benjamin. J. Parry, University of Birmingham

**Discussant**
James Hardy, Bangor University

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<tr>
<td>17:50</td>
<td>AGM</td>
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<tr>
<td>19:30</td>
<td>Drinks Reception</td>
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<tr>
<td>20:00</td>
<td>Conference Dinner and After Dinner Speaker</td>
</tr>
</tbody>
</table>

*Posters listed a-z by surname:*

6397: The perceived stress reactivity scale for adolescent athletes: Validity and reliability of a self-report measure assessing individual differences in responses to stress in sport
Darren Britton, *Bournemouth University*
Mental Health & Wellbeing

6658 The Effects of Observation Content Familiarity upon Changes in Collective Efficacy, Eye Movements, and Attentional Effort of Team Sports Athletes
Adam Bruton, *University of Roehampton*
Performance Excellence

6702 Differences in gaze behaviours during green reading of mixed ability golfers: A pilot study
Evelyn Carnegie, *Edge Hill University*
Skills Acquisition

6611 The role of self-presentational concerns in choking under pressure: A qualitative investigation
Sarah Carvell, *Private Practice Swindon*
Performance Excellence

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6647: Irrational beliefs among parents  
Nanaki Chadha, Staffordshire University  
Performance Excellence

6666: Expressive writing and self-affirmation: a feasibility study for a pre-competition online intervention  
Ainslea Cross, University of Derby  
Performance Excellence

6701: The Effect of Perceived Control Reinforcement on Male Amateur Penalty Shootout Performance  
Paul Ellison, Edge Hill University  
Skills Acquisition

6664: Mindfulness Inventory for Sport and perceived exertion at varying levels of cycling intensity: testing a psychobiological model of whole-body endurance performance  
Kirsten Fasey, Nottingham Trent University  
Endurance

6648: The role of social identification on perceived levels of stress  
Jamie Gillman, Staffordshire University  
Performance Excellence

6691: A mixed method investigation of the relationship between mental toughness and flow states in sport.  
Patricia Jackman, University of Lincoln  
Performance Excellence

6278: Psychological support for sport coaches: An exploration of Practitioner Psychologist perspectives. (Please note this is a work in progress submission. It is an ongoing dissertation to fulfil the requirements for the MSc degree of Sport and Exercise Psychology)  
Sarah Kelly, Staffordshire University  
Performance Excellence

6497: Straight from the Horse’s Mouth: Understanding experiences of Professional Event riders’ techniques in mental preparation for maximising self-confidence  
Sally McGinn, University of West England  
Performance Excellence

6699: The role of performance coaches’ in the psychosocial development of youth soccer players.  
Eoin Murray, Institute for Sport, Physical Activity and Leisure, Leeds Beckett University (UK)  
Performance Excellence

6654: More than just horsing around: The therapeutic effects of horse-riding and carriage-riding for individuals with complex needs.  
Rachael Newport, University of South Wales

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Exercise

6803: Examining the Association between Athletes’ Mindfulness and Intrusive Visual Imagery
John K. Parker, University of Gloucestershire
Performance Excellence

6506: A belief elicitation study to identify salient beliefs concerning university students’ decision to participate in sport
Thomas St Quinton, Leeds Trinity University College
Grass Roots

697: The Effects of Arousal Reappraisal on Adaptive Stress Responses
Nadine Sammy, University of Exeter
Performance Excellence

6689: “It means everything”: The meanings athletes associate with their sport team identity
Matt Slater, Staffordshire University
Performance Excellence

6653: Mindful vs Mindless: A pilot mindfulness-based program for injury rehabilitation with an elite environment
Amy Spencer, Southampton FC
Performance Excellence

6610: The psychological factors associated with the taper in elite coaches and swimmers: a qualitative investigation - WORK IN PROGRESS
Maxwell Stone, University of South Wales
Performance Excellence

6661: Buoyancy in Physical Education
Kate Tudor, Loughborough University
Exercise

6608: The further validation of the irrational performance beliefs inventory (iPBI).
Martin Turner, Staffordshire University
Performance Excellence

6628: The nature of conflict in coach-athlete relationships
Svenja Wachsmuth, Loughborough University
Performance Excellence

6672: “We’re trying to create normal people in a world that wants aliens”: A critical evaluation of the Elite Player Performance Plan (EPPP)

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Tuesday 13 December

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<tr>
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<tbody>
<tr>
<td>8:00</td>
<td>Registration</td>
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</table>
| 9:00-9:20 | Oral Presentations 6735. Iceland's strange magic - Narratives of Young Talented &amp; Retired Professional Football Players  
Ho Law, Empsy® Cambridge Coaching Psychology Group |
| 6667. | Understanding the Triggers and Consequences of Mental Health and Wellbeing in Professional Sport  
Vaiithehy Shanmuganathan-Felton, UCFB- College of Football Business |
| 9:20-9:40 | Workshop  
QSEP  
The P in consultancy? Defining philosophy underpinning professional practice  
Moira Lafferty Chief Supervisor QSEP |
| 6629. | How to deal with dispute: Conflict management strategies utilized by high performance coaches and athletes  
Svenja Wachsmuth, Loughborough University |
| 9:40-10:00 | Oral Presentations  
6773. The focus of attention adopted by golfers during a competitive round  
Philip Kearney, University of Chichester  
6670. Paper 3. Suicide attempts, mental health issues and associated antecedents in professional football. The case study of Clarke Carlisle |
| 6694. | Leading to inspire athletes: A grounded theory approach.  
Sean Figgins, University of Chichester |

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<tr>
<td>10:00 - 10:20</td>
<td>Tea &amp; Coffee Break</td>
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<tr>
<td>10:20 - 10:30</td>
<td>MSC Award Presentation</td>
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<td>Emily Hun, University of Chichester</td>
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<tr>
<td>10:30 - 11:30</td>
<td>Keynote</td>
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<td></td>
<td>Optimizing the acquisition of sport skills: The OPTIMAL theory of motor learning</td>
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<td>Professor Gabriele Wulf, University Nevada, Las Vegas</td>
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<tr>
<td>11:30 - 11:50</td>
<td>Oral Presentations</td>
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<td></td>
<td>6409. Coaches’ Perceptions of Elite Swimmers’ Adversarial Growth</td>
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<td></td>
<td>Karen Howells, The Open University</td>
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<td>Symposium</td>
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<td></td>
<td>6677. Athlete mental health and well-being: Dilemmas and ways forward</td>
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<td></td>
<td>Sarah Partington, Northumbria University</td>
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<td>Workshop</td>
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<td></td>
<td>6652. Empowering the Coach-Athlete Relationship: The Tandem Method</td>
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<td></td>
<td>Sophia Jowett, Loughborough University</td>
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<td></td>
<td>Oral Presentations</td>
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<td></td>
<td>6726. Do Coping Interventions Help Individuals Perform Under Pressure?</td>
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<td></td>
<td>A Systematic Review</td>
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<td>Sofie Kent, University of Wolverhampton</td>
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<tr>
<td>11:50 - 12:10</td>
<td>Oral Presentations</td>
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<td>6679. Time-lags; should we assume knowledge leads to understanding?</td>
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<td></td>
<td>Amanda Wilding Pinckney, Bournemouth University</td>
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<td></td>
<td>Elizabeth Partington, Northumbria University</td>
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<tr>
<td>6671. Paper 4. “You get knocked down, you get back up again. It’s the only way!” An auto-ethnographic study exploring critical moments, identity and meaning in professional football</td>
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<tr>
<td>6677. Athlete mental health and well-being: Dilemmas and ways forward</td>
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<tr>
<td>12:10 -</td>
<td>6621. The identification of best practice principles of performance management in elite sport</td>
<td>Conor Molan, University College Dublin</td>
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<td>12:30</td>
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<tr>
<td>12:30 -</td>
<td>Poster Session</td>
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<tr>
<td>13:00 -</td>
<td>Lunch</td>
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<tr>
<td>14:00 -</td>
<td>Keynote Presentation</td>
<td>Performance pegs and emotional holes</td>
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<tr>
<td>15:00 -</td>
<td>Oral Presentations</td>
<td>6712. Mental health awareness programme for university athletes: the State of Mind Ireland pilot study</td>
<td>Gavin Breslin, Ulster University</td>
</tr>
<tr>
<td>15:20</td>
<td>6606. Evaluation of Mental Health First Aid (MHFA) for the Armed Services Community</td>
<td>Mustafa Sarkar, Nottingham Trent University</td>
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<tr>
<td>15:40</td>
<td>6648. The role of social identification on perceived levels of stress</td>
<td>Jamie Gillman, Staffordshire University</td>
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</tr>
<tr>
<td>15:20 -</td>
<td>Workshop</td>
<td>Measuring and Monitoring Physical Activity: Challenges of employing commercial grade monitoring devices in research and consultancy</td>
<td>Ruth Lowry, University of Chichester</td>
</tr>
<tr>
<td>15:40</td>
<td>6401. A Retrospective Examination of Parental Involvement in Youth Rugby</td>
<td>Steffan Berrow, Swansea University</td>
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<td>6659. Positive Illusions in Youth Academy Football: Investigating the extent to which parents make favourable child-other comparisons</td>
<td>Greg Irvin, Sunderland Association Football Club</td>
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### Conference Program

- **15:40 - 16:00**
  - Paper 1: **6656. How are our Athletes Being Treated for Mental Illness? Literature Review and Proposal for an Ecologically Validated Diagnostic Instrument and Referral Strategy**
    - Nanaki Chadha, Staffordshire University
  - Process: A first year trainee perspective
  - Colin Ford, Seajay Sport Psychology
  - Paper 2: **6639. Reflections of using group supervision through the QSEP process: A second year trainee perspective**
    - Sarah Carvell, Private Practice Swindon
  - Paper 3: **6640. The journey of a final year trainee through the QSEP process: Using group and individual supervision**
    - Sarah Mallinso-Howard, Nottingham Trent University
  - Paper 4: **6641. Reflections from a QSEP Co-ordinating Supervisor**
    - Brian Hemmings, St Mary’s University

- **16:00 - 16:20**
  - Tea & Coffee Break

- **16:20 - 16:40**
  - Oral Presentations
    - **6622. The influence of perceptions of teammates’ burnout on individual athletes’ emotional well being**
      - Ralph Appleby, Northumbria University
    - **6720: Parents’ perceptions of a parent education programme within UK youth football**
      - Adam Gledhill, Leeds Beckett University
    - **6662. Does Mental Toughness influence Ultra-endurance Runners’ ability to maximise Performance in Training and Competition?**
      - Jeremy Sutton, Ulster University
    - **6762. Does Mental Toughness influence Ultra-endurance Runners’ ability to maximise Performance in Training and Competition?**
      - Jeremy Sutton, Ulster University
    - **6692. The 2 × 2 model of perfectionism and the meaning of youth sport involvement**
      - Sarah Mallinso-Howard, Nottingham Trent University
    - **6734. A Systematic Review of the Impact of Sport Based Interventions on the Psychological Well-being of Prisoners**
      - David Woods, Sport and Exercise Science Research Institute (SESRI)

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</table>
| 16:40 - 17:00 | Exercise  
6663: Insight into the barriers and adaptations of exercising with epilepsy  
Sarah Collard, Bournemouth University |
Danny Golding, University of Bedfordshire |
|            | 6675. ‘I’ve gone from a plus 2 to a minus 2 and a half in a matter of 5 minutes’: analysis of use of the Feeling Scale in a field study of outdoor beginner running groups  
Katy Kennedy, University of Surrey |
|            | 6609. An interpretive description of the conceptualisations of the taper process from the perspective of elite swimmers and swim coaches - WORK IN PROGRESS  
Maxwell Stone, University of South |
| 17:00      | Conference close |

Posters listed a-z by surname:

7056: Understanding current knowledge of positive sport-specific psychological strengths-based concepts: A systematic review.  
Chris Beaumont, UClan  
Performance Excellence

7059: The Coaching Process, Performance Analysis, Football Psychology and the £150m Prize of Premier League Football  
Thomas Buck, UCFB  
Performance Excellence

7058: Effects of mindfulness practice on flow in amateur marathon runners: A single-subject design  
Giles Carre, Sheffield Hallam University  
Performance Excellence

6711: Anxiety Unleashed: The Effects of a Psychological Skills Training intervention in a Competitive Dog Obedience Handler  
Claire Clark, Mind Games Consulting  
Performance Excellence

6716: Mental Health Awareness in Equestrian Sport: An Exploratory Study  
Hannah Butler-Coyne, University of Central Lancashire  
Mental Health & Wellbeing

6766: The symptoms of psychological distress, resilience and help-seeking behaviour in student athletes  
Breanna Drew, University College Dublin  
Mental Health & Wellbeing

7022: Developing an instrument to measure Beliefs about Green Exercise

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Elliott Flowers, University of Essex

Exercise

Abbreviated Resonant Frequency Training to augment heart rate variability and enhance on-demand emotional regulation in elite sport support staff
Michael Gross, University of South Wales, UK. Welsh Institute of Performance Science, UK

Performance Excellence

7027: Swimming against the Aging Tide – Reflection on Masters swimming workshops
Karen Howells, The Open University

Performance Excellence

6708: A narrative review of reversal theory research in sport and exercise
Joanne Hudson, Swansea University

Performance Excellence

7030: The effect of rational and irrational self-talk on Golf putting performance
Lyle Kirkham, Staffordshire University

Performance Excellence

6728: Instructing Attentional Focus and Movement Intention during maximal force production
David Marchant, Edge Hill University

Skills Acquisition

6729: The Effect of an Acute Bout of Aerobic Exercise on Short-Term Memory
David Marchant, Edge Hill University

Exercise

7052: Psychological demands experienced by recreational endurance athletes
Alister McCormick, University of St Mark & St John

Endurance

7053: The effect of motivational self-talk on performance in an ultramarathon
Alister McCormick, University of St Mark & St John

Endurance

7043: The Effects of Achievement Goals and Underlying Reasons on the Psycho-Physiological Functioning of Sport Participants
Mairi Mulvenna, Coventry University

Mental Health & Wellbeing

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7060: Examining player perceptions of inspirational leader communication in elite sport.
Matt Smith, University of Chichester
Performance Excellence

7017: Carrying out a Systematic Review for the First Time: Reflections of a Professional Doctorate Student.
Joanne Stockton, Liverpool John Moores University
Skills Acquisition

6988: The retirement experience of elite ballet dancers: Impact of self-identity and social support
Victoria Willard, University of Stirling
Mental Health & Wellbeing

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