

PAUL SELLARS, MSc

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Currently I work as a Research Coordinator at Edge Hill investigating personality, coping and performance enhancing drugs in sport. Following the conclusion of this project I will soon be working as a Researcher at Swansea University with the Welsh Rugby Union investigating retention rates of junior to senior rugby union players. Additionally, I am writing a paper into the effects of perfectionism on elite athlete performance. Away from academia I have worked with a number of sporting teams and individuals ranging from amateur to international level. In this work I provide support and mental skills training in an aim to enhance performance levels.

ALISON SMITH, PhD

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I work at the University of Bath as a Teaching Fellow specialising in sport psychology and athlete personal development. My work is driven by my PhD which investigated the motivation driving athletes' goal striving and their response to challenges. In my applied work I have worked with a variety of sports and age groups including developing athletes up to elite, and currently work with a GB Paralympic squad preparing for Rio 2016. In addition, I am a Registered Practitioner of Personal Development in Sport and coordinate education programmes for student-athletes, ensuring they can succeed in both their sport and their education.