

CHANGING MINDS^{UK}

Comprehensive psychological services designed to help others navigate change, maximise performance, and realise potential



CHRIS BRADLEY SPORT PSYCHOLOGIST



Chris is a BPS Chartered, HCPC registered Sport Psychologist. He holds a Master's degree in Sport and Exercise Psychology from Sheffield Hallam University and has worked in elite sport since 2010. While Chris has worked as a psychological practitioner across many amateur and professional settings, the majority of his experience has involved supporting athletes and elite performance systems within professional tennis, football and snooker. Chris also has experience playing and coaching tennis to a high standard.

Outside of sport, Chris has obtained qualifications and experience in mental health, including 6 months as a support worker on a mental health unit. Chris takes a holistic approach to his work, preferring to develop his clients in a range of ways that can help them achieve success both in competition and in areas of life outside of sport. Chris takes an adaptable approach to meet the specific, unique needs of his clients, underpinned by the theoretical areas of emotional intelligence, decision-making, and complex systems.

In each of the settings in which he has worked, Chris has developed programmes that promote psychological awareness across coaches and the wider support environment, as well as working directly with athletes.

EXPERIENCE

Lead Academy Psychologist | Middlesbrough FC | August 2012

Developing and delivering bespoke and innovative psychology programmes for players, coaches, staff and parents.

Academy Psychologist | Sheffield United FC | January 2012

Creating a psychology programme for players, parents and coaches with limited resources.

Director | Grand Slam Performance | January 2012

Providing psychological support to several elite athletes from a diverse range of sports. 3 pillars of this provision are mental health, life skills and performance support. <http://www.grandslamperformance.net>

Performance Knowledge Officer | English Institute of Sport | October 2015 – May 2017

Supporting sport science and medicine staff in solving complex problems through collaboration and knowledge sharing.

QUALIFICATIONS & EDUCATION

Health & Care Professions Council Registered Sport Psychologist - PYL34042

QSEP (Stage 2) | November 2016 | British Psychological Society

Research Project: Exploring Emotional Regulation in Academy Football Coaches.

MSc. | November 2011 | Sheffield Hallam University

Dissertation: Exploring Tennis Players Experiences: The Specializing Years.