

# CHANGING MINDS<sup>UK</sup>

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



## MATT THOMBS CHARTERED SPORT PSYCHOLOGIST



Matt is a sport psychology consultant and has had experience of working in elite sport, from a talent and World class performance standpoint, since 2001. He worked as a senior lecturer in sport psychology, before opting to operate as an applied consultant on a permanent basis. He has successfully supported numerous national governing bodies of sport, individual performers, professional teams and their coaches/support staff, as a sport psychologist. Matt is typically embedded in the systems and environments he operates in, and works with multiple stakeholders from an organisational, well being and performance perspective.

Matt is an Associate Fellow of the British Psychological Society (AFBPsS), a HCPC (Health Care Professions Council) registered sport psychologist, a BPS (British Psychological Society) chartered sport psychologist, BASES (British Association of Sport & Exercise Sciences) accredited sport scientist, an AASP (Association for Applied Sport Psychology) certified consultant, a chartered scientist with the Science Council and an accredited Insights Discovery coach.

Matt has accrued experience of successfully working across a number of sports, for example Thai Boxing, Tennis, Motor Sport (MX1 & Supersport), International Hockey, GB Skeleton, English Premier League/Championship Football, and International/Premiership Rugby Union. This work has been at various levels of competition, such as the Winter Olympic games, Winter World University Games, International Test matches, Grand Prix's, World Championships, Junior World Championships, European Championships, British Championships and English domestic leagues.

Matt spent 7 years as the Rugby Football Union (RFU) national academy head of sport psychology (2007-14), where he was embedded in the U20 programme and supported a group of post U20 players up to and then into the senior squad. Matt currently works with two Aviva Premiership Rugby Union sides, an English Premier League football team and is a consultant sport psychologist with Changing Minds Ltd.