

20-year MSc Sport and Exercise Psychology Celebration Conference

Theme: Taking Theory to Practice in Sport and Exercise Psychology Programme

09:15 – 16:00 | Wednesday 16 September 2026

Time	Programme
09:15	Arrival and Coffee/Tea
09:45	Welcome and Introduction to the day
10:00	Spotlight Talk 1. Dr Martin Turner (Reader in Psychology at Manchester Metropolitan University). <i>Developing a Challenge Approach for Performance under Pressure.</i>
11:00	Lightning Talks (5 minutes):
	1\ Emma Biggin (Trainee Sports and Exercise Psychologist – QSEP – Owner of The Bigs Sport Psych): <i>Investigating the Influence of REBT on Real-time, On-course Behaviours amongst Amateur Golfers.</i>
	2\ Adam Evans (CEO Staffordshire Football Association): <i>Reflections on Leadership and Performance.</i>
	3\ Leighton Sims (Performance Psychologist): <i>Connected Teams: Leading with Purpose, Trust and a Shared Identity (A Nike Case Study).</i>
	4\ Dr Nigel Camilleri (Clinical lead in Malta – TAASC): <i>Swimming through Adversity: Neurodivergent Strengths, Purpose and Attentional Focus in an Open Water Ultra.</i>
	5\ Dr Sarah Kelly (Clinical Psychologist): <i>A Neurodiversity-informed Approach to Mental Health Literacy.</i>
	6\ Roy White (Senior Consultant, former HR Director at Sony): <i>Applying Sport Psychology in Business.</i>
	7\ Dr Sara Mesquita (Psychologist FC Porto Women, University of Porto): <i>Applied Insights from Working in Elite Women's Football.</i>
12:00	Lunch



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13:00	University of Staffordshire's Performing under Pressure Podcast goes live! Live discussion and audience Q&A with Azeem Amir (England Blind Football Player and Entrepreneur), facilitated by Dr Paul Mansell: <i>Managing Adversity and Developing Resilience in Para-football and Beyond.</i>			
13:30	Interactive Workshop: On campus attendees will be allocated to 1 of workshop 1, 2, or 3. Online attendees will attend workshop 4:			
	1\ Dr Andrew Wood (Performance Psychologist). <i>Rational Thinking: Applying REBT in Performance Settings</i>	2\ Helen Davis (Founder of thinkbelieveperform.ltd) and Dr Jamie Barker (Reader in Applied Sport and Performance Psychology, Loughborough University). <i>Desert Island Applied Sport Psychology</i>	3\ Jack McMillan (Performance and Nervous System Coach and Founder of Optima Performance). <i>Using Breathwork for Performance.</i>	4\ Online stream. Emma Gage (Ex-International Swimmer and Owner of SwimWod) and Dr Karla Drew (HCPC reg psychologist and current MSc Course Leader). <i>Beyond the Finishing Line: Navigating Transitions in Sport and Life.</i>
14:45	Break			
15:00	Spotlight Talk 2. Helen Richardson-Walsh OLY MBE (Olympic Champion, Author, Consultant, Speaker). <i>Winning Together.</i>			
15:50 – 16:00	Wrap Up and Close			

Following the close of the conference, it is likely that we will go to The Glebe pub.

The conference will take place in The Catalyst Building. Please see building number 17 here:
<https://www.staffs.ac.uk/about/how-to-find-us/pdf/stoke-campus-map.pdf>

We look forward to welcoming you!

The Staffs Sport and Exercise Psychology Team

[Prof Matt Slater, Dr Paul Mansell, Dr Karla Drew, Dr Katie Sparks, Dr Andrew Wilkinson, Dr Joseph Dixon].



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