

# Dylan Rodgers

Graduate of Sport & Exercise Psychology MSc

0747 592 5292 | [dylanpaulrodgers@hotmail.com](mailto:dylanpaulrodgers@hotmail.com) |

## Profile

Confident

Supportive

Analytical

A highly motivated and driven 2019 Graduate from a master's programme in Sport & Exercise Psychology at UWE Bristol. Excels in critical analysis and team building, possesses a deep knowledge of all aspects of Sport Psychology, performance and wellbeing, and pushes constantly to achieve success through continuous professional development. Currently looking to kick-start an exciting career in Sport Psychology, where skills and understanding can be used to unlock potential, reduce stress and ultimately improve performance and drive in competitive sports.

## Key Skills & Competencies

- Understanding Sport Psychology
- Social, developmental & clinical psychology
- Mental health & wellbeing
- Anatomy, physiology & biomechanics
- Knowledge of competitive sport
- Youth sport development
- Conducting psychological research
- Confident communication at all levels
- Critical thinking & analysis
- Assessing needs, abilities & behaviours
- Building a multidisciplinary network
- Relationship building and management
- Delivering advice, goals & action plans
- Problem solving & decision making
- Active listening
- Calm & effective under pressure

## Education

**Master of Science in Sport & Exercise Psychology | UWE Bristol | Graduated Distinction in 2019**

**Ongoing Professional Development Training including courses in First Aid, Safeguarding, Football Coaching & Sports Leadership | 2018 - 2019**

**Bachelor of Science in Applied Sport & Health Science | Plymouth University | Graduated Upper Class 2:1 in 2018**

**BTEC Level 3 Extended Diploma in Sport & Exercise Science | Truro & Penwith College | 2014**

**7 x GCSEs at Grade A-C including English & Mathematics | Treviglas Community College | 2012**

**UKAD Accredited Advisor**

## Work Experience (paid & voluntary)

**SPORT PSYCHOLOGIST IN TRAINING | BASES | 2022 – Present**

- Supporting athletes, coaches and organisations with psychological skills and knowledge, specifically focussing on performance enhancement, mental health and well-being

**HEAD OF YEAR 9 | Trinity Academy | 2022 – Present**

- Providing pastoral support for the whole year group, specifically focussing on safeguarding, behaviour and attendance.

**PASTORAL SUPPORT MENTOR | Commando Joes | 2021 – Present**

- Working with the most challenging students to ensure they access the curriculum and develop holistically.
- Providing pastoral support for the whole school.

**LEARNING MENTOR | ACE Schools Plymouth | 2019 – 2021**

- Working with students with education and health care plans to ensure they receive the education that suits their needs and enables them to achieve the best they can.

**SUPPLY TEACHER (SPORT) | Five Education & Tradewind Agencies | 2019 – 2019**

- Gaining valuable experience in teaching PE and PSHE in a broad range of different school settings.

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## **SPORT TEACHER** | Education 1<sup>st</sup> | 2018

- Worked with children with additional needs at this alternative education provider. Learned to challenge and manage difficult behaviours, keep the children on task and build relationships based on individual needs.

## **SPORT COACH** | Wadebridge Secondary School | 2016 – 2017

- Coached an after-school Girls' Football Club, providing motivation, advice and age appropriate challenge.

## **VOLUNTARY PHYSICAL EDUCATION TEACHER** | Treviglas Secondary School | 2016 – 2017

- Gained valuable experience working with older children and challenging them at an advanced level.

## **HOLIDAY CLUB ORGANISER** | Go Active | Summer 2016

- Challenged children across different age groups to develop physical skills through football, rugby & archery.

## **VOLUNTARY UNDER 7's FOOTBALL COACH** | Newquay | 2015 – 2016

- Trained the children in football skills, prepared them for matches and coached their performance on the day.

## **VOLUNTARY PHYSICAL EDUCATION TEACHER** | Lanner School, Redruth | 2015 – 2016

- Taught across all KS1 & HS2 age groups; delivered age appropriate challenge and sporting activities.

## More About Me

Confident. Positive and determined, I can apply a critical mindset to any task I am given and will work hard to deliver a great outcome. A lifelong passion for competitive sport has fuelled my interest in Sport Psychology, and I am currently working towards full accreditation in this field. The stress and pressure on Athletes in modern sport is ever increasing and the impact of this can be damaged confidence, mental health and wellbeing. I want to be a part of the solution, facilitating great performance and the optimisation of potential with a healthy, balanced outlook and a focus on best practice. Never one to shy away from a challenge I will give my all to a graduate opportunity that further my personal and professional development and have great team ethics that will add immediate business or practice value.

References will be made available on request