
CONNOR GRAEME GRANT

5 Narrowways Road
Bristol
Avon BS2 9XB
United Kingdom
07511646060
thesportguru@outlook.com

D.O.B 02/04/1993
Nationality: British / South African



EDUCATION:

September 2015 – 2017	MSc Sport and Exercise Psychology University of the West of England (UWE) Bristol
September 2011- 2014	BSc (Hons) Sports Coaching Science University of Chichester
September 2005 – 2011	A Levels: English, Geography, Physical Education & Biology Ryde School With Upper Chine

MSc Thesis: A Biopsychosocial Exploration of Serious Injury in Professional Rugby Union Players.

SKILLS AND QUALIFICATIONS:

BASES Supervised Sport and Exercise Scientist (Psychology)

Certified Mental Toughness Consultant, Australia

Level 3 Personal Trainer

LTA Level 3 Tennis Coach (November completion), Cardio Tennis Certified Instructor

BokSmart Rugby Union safety accredited

First Aid at Work Certified

Enhanced CRB / DBS Certified (LTA)

Current UK Driving License

ATHLETIC ACHIEVEMENTS:

Rugby	University First XV, UWE Bristol & University of Chichester. Semi - Professional club rugby for UKZN Impi, South Africa & University of Queensland, Australia. Current Rugby Sevens player for SA Wild Dogs, Elite Squad.
Tennis:	First Team University of Chichester & Hampshire County Player (2017).
Cricket:	County representation for Isle of Wight & Streatham & Marlborough First XI
Football:	County representation for Isle of Wight, Hampshire Cup Finalists. <i>*Full School Sports Honours – Ryde School with Upper Chine.</i>

PROFESSIONAL WORK HISTORY:

Talent Psychologist at British Canoeing (September 2019 – Present)

- Psychological support and tuition for the English National Talent Squad and Women's English Development Programme.

Sport Science Intern at Gloucestershire County Cricket Club / BS7 Gym (May 2019 – September 2019)

- 1:1 Personal training and lifestyle coaching for BS7 Gym and Gloucestershire Academy players: Including performance psychology, nutrition and wellbeing education.
- Lead instructor for a variety of exercise classes including Spin, HIIT, Boxercise and Functional Fitness.

SEN Mental Health Counsellor & Intervention Specialist with Axcis Education, Bristol (October 2015 – May 2019)

- Mental Health Support Worker (1:1 tutoring and psychotherapeutic intervention training) at Bristol Gateway School and Kingsweston School.
- Disability learning support assistant for Autism, Physical Disability, Complex needs.

Performance Psychologist at SportGuru (March 2018 – Present)

- Self-employed consultancy position.
- 1:1 Sport Psychology tuition, group workshops.
- Clients including TeamBath Tennis, Oxford University Rugby Football Club, Lifetime Tennis Academy London.

Sessional Lecturer at Oxford Royale Academy (February – April 2019)

- Life skills module coordinator.
- Module topics including Resilience, Self – Talk, Kaizen Goal Setting and Sophrology meditation practices.

Sport Psychology Placement at Barcelona Tennis Academy (September 2018)

- Applied Sport Psychology, 1:1 tuition, group sessions and workshops. Coach education.
- Audio podcasts on mental toughness and sport parenting at online channel: CourtsideDad.

Sport Scientist (Psychology) at Nike Summer Camp (July – September 2018)

- Residential summer position at Lancing College working with elite junior athletes, Nike Tennis, Nike Golf and Nike Football. Delivery and Review of a 6-week mental skills programme.

Performance Consultant at Coaching Mentally Tough Tennis & Performance Specialists, Brisbane (January 2017 – January 2018)

- Utilising ACT Therapy and Humanistic psychology practice.
- Clients including elite junior student-athletes at Brisbane Boys College, Brisbane Roar FC, Study and Play USA and National Academy Tennis.

Mental Skills Coach at Nadroga Rugby Union & Rugby Academy Fiji (June 2017)

- Mental Skills consultancy for First XV and Junior rugby squads. Including Olympic gold medal sevens players Jasa Veremalua and Apisai Domolailai.

Sports Psychology Internship, Ghana (October – December 2016)

- Sports Psychology consultant for Ghana under 18 National Football (Rising Stars of Africa Academy), Rugby Union and Tennis teams.
- Fitness instructor at Pippa's Gym Accra (part-time)*.

Sports Psychology Assistant at Bristol Bears Rugby, Clifton - Supervised Practice for MSc degree – (January – July 2016)

- Running workshops and interactive sessions with the Under 18 and Under 16 Academy squads.