

POSITIVE SPORTS COACHING

Sports Performance & Athlete Wellbeing

...using the science of positive psychology

Matthew Scholes

B.Sc. (Hons.), Grad. Dip. Ed. (Melb.), Grad. Cert. Spts Mgmt. (Vic.) Grad. Cert. Career Dev. (RMIT), Cert IV Fit (Swin.), Dip. VET. (NMIT)
Member of the International Positive Psychology Association (IPPA)
Life Member Victorian Commonwealth Games Association

Matthew is a leader in embedding Positive Psychology into sports organisations. He works with sporting associations, professional sports clubs, coaches, athletes and schools including undertaking work with the Oceania National Olympic Committees embedding his Positive Sports Coaching program into coaching practice across the region. He currently works as the Mindset & Performance Coach for a select group of Olympic and a Visiting Scholar in La Trobe University's Research Centre for Sport and Social Impact (CSSI) and he is a life member of the Victorian Commonwealth Games Association.

Matthew's previous roles include being CEO of Athletics Victoria, Secretary General for the Victorian Commonwealth Games Association and a Lecturer in Sport & Fitness at Swinburne University. He was also the Training Director for the 2007 FINA World Swimming Championships where he developed and oversaw the training for over 2,000 volunteers and staff.

Matthew has developed the Positive Sports Coaching models based on scientific evidence and his understanding of the workings of sports organisations. Matthew has developed and delivered workshops to a range of sporting, education and business organisations to help them implement his Positive Sports Coaching approach. Sports organisations he has presented to include: The Australian Sports Commission, Sport & Recreation Victoria, Softball Australia, Singapore Gymnastics, Gymnastics Victoria, AFL Victoria, Cricket Victoria, Volleyball Victoria, Adelaide Crows and Melbourne Storm. Schools he has presented to include: Christs College NZ, Bunbury Cathedral Grammar School WA, St Peter's College, Adelaide and Ravenswood School for Girls Sydney.

Matthew uses an evidence based approach and has presented his findings at conferences around the world including presentations at the International Positive Psychology Association World Congress' (Los Angeles 2013, Orlando 2015, Montreal 2017, Melbourne 2019, Virtual 2021), the Canadian Positive Psychology Association Conferences (Toronto 2012, Ottawa 2014 and Niagara on the Lake 2016), The Australian Positive Psychology Conferences (Melbourne 2014, Adelaide 2016) and at the Oceania National Olympic Committees General Assembly in Fiji in 2015. He was the Keynote speaker at the Practising Positive Education Conference (Sydney 2015) and the Keynote speaker at the AIS NSW Heads of Sport Conference (Hunter Valley NSW 2016) and the Keynote speaker at the WA Positive Education Conference (Perth 2016)

For further information on Positive Sports Coaching, please contact Matthew Scholes on:

Mobile: 0412 031 269 (International: +61 412 031 269)

E-mail: positivesportscoaching@gmail.com

Web: www.positivesportscoaching.com