



HPX PERFORMANCE NUTRITION 2020

## Behaviour Change – The Real Game Changer?

**Webinar Series (2 x 2.5hr webinars):**  
Thursday 15th Oct, 10am - 12.30pm &  
Thursday 22nd Oct, 2pm - 4.30pm

### EVENT OBJECTIVES

- To provide practical strategies to help support behaviour change in athletic populations
- To understand the challenges faced by athletes in applying the advice given
- To understand how environmental and economic factors can influence behaviours
- To understand how the wider support team can work together to support behaviour change

### TARGET AUDIENCE

- Support professionals working within sport
- Practicing Dietitians, Nutritionists, Physiologists, Physiotherapists, S&C Coaches
- Coaches, managers, athletes and performance directors
- Academics and students

**FREE WEBINAR SERIES**

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# SCHEDULE

## Session 1 Thursday 15th October, 10am-12.30pm

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10:00am	<b>Introduction &amp; setting the scene</b> Institute Performance Nutrition Team from the Performance Kitchen
10:10am	<b>Dr Tim Anstiss</b> <b>Behaviour change in practice, session #1:</b> <i>'Using motivational interviewing to help athletes become more ready to change - focus on spirit, relationship, principles and processes'</i>
10:55am	<b>Dr Kirstie McAdoo</b> <i>'SusTRAINability' - a focus on how a diet filled with sustainable, indigenous food can help the athlete, local producers and the environment all at the same time</i>
11:35am	<b>Dr Dan Martin</b> <i>'Using Behaviour Change Science to Develop Systemic Nutrition Behaviour Change Strategies in Professional Sports'</i>
12:15pm	<b>Panel Discussion and Q&amp;A</b>

## Session 2 Thursday 22nd October, 2pm-4.30pm

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2.00pm	<b>Introductions, recap and setting the scene #2</b> Institute Performance Nutrition Team
2.10pm	<b>Dr Tim Anstiss</b> <b>Behaviour change in practice, session #2:</b> <i>'Using motivational interviewing to help athletes become more ready to change -focus on strategies, tools and behaviour change techniques'</i>
2.50pm	<b>Prof Sue Backhouse</b> <i>'Protecting the integrity of sport and the welfare of athletes: A behavioural science approach'</i>
3.30pm	<b>Dr Deirdre Robertson</b> <i>'Physical activity interventions for the general population: theory and testing' - Behaviour Change research from ESRI</i>
4.10pm	<b>Dr Katie Lydon</b> <i>'Periods are pivotal. Period'</i>
4.25pm	<b>Close of Session and Key Take Away Messages</b>

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# PRESENTERS

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## Dr. Tim Anstiss

Tim is a physician, experienced Motivational Interviewer trainer and founder of the Academy for Health Coaching. He is a member of the Faculty of Sports and Exercise Medicine and the British Psychological Society. He has authored and co-authored several papers and book chapters on motivational interviewing and coaching.

Tim has trained thousands of health professionals in motivational interviewing, health coaching, shared decision making, person centred care planning and related conversational approaches. He has worked with central and local government agencies, NHS organisations, health charities and universities delivering training around a range of health issues such as: physical activity, obesity, diabetes, chronic pain, heart disease, mental health, smoking and addictions.



## Prof Sue Backhouse

Sue is Professor of Psychology and Nutrition, Head of the Centre for Human Performance and Director of Research for Sport and Exercise Science, Leisure and Tourism at Leeds Beckett University. She graduated from Loughborough University with a BSc (Hons) in Physical Education and Sports Science, for which she was awarded the Department prize for outstanding achievement. Following this, Susan completed her PhD with Professor Clyde Williams and Professor Stuart Biddle at Loughborough University. Susan joined Leeds Beckett University in 2003. Sue leads the sporting integrity research team at Leeds Beckett University, conducting research that addresses the complexity of doping in sport.

Sue is a Senior Fellow of the Higher Education Authority, Fellow of the British Association of Sport and Exercise Sciences (BASES) and Associate Fellow of the British Psychological Society.



## Dr Dan Martin

Dan is a Post-Doctoral Researcher at Liverpool John Moores University. He completed his PhD here where his research focused on nutrition and behaviour change in pro/elite sport. His research in this area was awarded with the SENr Professor Clyde Williams OBE Award for Research and Innovation in Sport and Exercise Nutrition.

In his applied role, he is a Performance Nutrition Consultant for the Professional Jockeys Association, he also works with the British Olympic Equestrian team and is the nutritionists for an EFL Championship football club and a formula One race team.



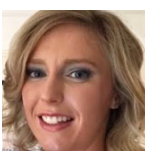
## Dr Kirstie McAdoo

Kirstie is Head of Education & Research at Airfield Estate. Kirstie followed on from her BSc in Agricultural Science in UCD to complete her PhD in Climate Change and Animal Nutrition.



## Dr Deirdre Robertson

Deirdre is a Research Officer with the Behavioural Research Unit of the Economic and Social Research Institute (ESRI). She carries out research for policy across multiple domains with a main focus on health behaviour change and decision-making. She holds an MSc in psychology from the University of Sussex and a PhD from Trinity College Dublin. She has previously worked in postdoctoral and lecturing roles in Columbia University, Trinity College Dublin and University College Dublin.



## Dr Katie Lydon

Katie is a GP trainee whilst also completing her masters in Sports and Exercise Medicine with the University of Bath. She is also a researcher with Sport Ireland currently investigating the effect of menstrual cycle disorders, in particular Premenstrual Syndrome on sports performance. Katie is also team physician to the Dublin Senior Ladies Football Team.

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