

# Rhys Maredudd Davies

Former British Team canoe slalom athlete and World Championship Finalist. A passion for learning and mentoring developed through my work as a coach and during my undergraduate degree. An academic interest in decision making and the factors that influence it as well the factors that influence performance under pressure in individuals.

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## EDUCATION

**Nottingham Trent University**, Nottingham — *BSc(Hons) Psychology, First Class Honours (Mid first)*

October 2016 - July 2019

Dissertation Research Project: Risk related decision making in a competitive environment. Project involved designing an experiment via Open Sesame to measure risk preference in participants within a tournament setting. An ordinal logistic regression analysis was performed via R in order to analyse the predictive power of various situational stimuli on decision making.

**Loughborough College**, Loughborough College— *Subsidiary Diploma in Sport, Distinction \**

September 2013 - September 2015

This subsidiary diploma was completed whilst I was a full time athlete with British Canoeing. It allowed me the opportunity to develop my academic writing and communication skills whilst offering the flexibility of a part time schedule. However this flexibility still had to be balanced alongside training and racing demands.

## EXPERIENCE

**Canoe Ireland**, Dublin - *Team Leader*

May 2019 - June 2019

Voluntary role of team leader for the Irish Canoe Slalom team for both the European Canoe Slalom Championships and the first World Cup event of the season. Role involved coordinating with other international team leaders, communicating vital race information to athletes and coaches and maintaining an inspiring attitude.

**Canoe Association of Northern Ireland**, Nottingham-*Lead technical Coach*

November 2017- April 2019

Part time role working with the Northern Irish canoe slalom squad based in Nottingham. This role is balanced with University studies. 2 sessions a week are provided, along with administration tasks. Role involves organising and planning travel arrangements for international races, strong leadership skills, analytical thinking and persuasive negotiation to aid the squad in their goal to represent Ireland in the 2020 Olympics. Collecting and presenting training and racing data to athletes and supporting coaches.

## Administration Skills

- Planning for long term and short term goals.
- Taking charge to lead a team.
- Critically reviewing performance to aid in planning on improvement.
- Ability to balance and manage time to complete a multitude of projects.
- Exam invigilation.
- Co-ordinating with team members and rival teams.

## IT skills

- Proficient in using R, Excel and SPSS for data analysis.
- Data visualisation through ggplot2.
- Basic python programming.
- Basic HTML programming.
- Adobe ProPlus video editing
- Open Sesame experiment software.

## Personal skills

- Coaching and mentoring
- Dealing with high

### **ABRSM Nottingham — Steward and invigilator**

June 2018 - March 2019

Supervised music theory examinations and provided stewarding for practical music examinations. Role included need for strong communication and organisational skills to ensure that the exam days ran smoothly and in accordance to the rules.

### **SPUR (Scholarship Projects for Undergraduate Researchers, Nottingham Trent University — Undergraduate Researcher**

June 2018 - August 2018.

Worked on a project that investigated the impact of visual information on perceived and physical intensity of exercise. Project helped to develop literature review skills, but also required use of communication to help coordinate project with the NTU sport science department. Experimental stimuli was generated via Adobe ProPlus video editing and presented through Open Sesame and doing this was my responsibility. Unfortunately I had to drop out of the project before completion due to personal circumstances.

### **NHS Voluntary Services, Queen's Medical Centre- Meal time assistant.**

July 2017- February 2018

Volunteering placement program in the geriatric ward of the Queen's Medical Centre. Dedicated 2 hours a week to helping nurses get meals out to patients and encouraging them to eat. Played a role in monitoring patient happiness. Volunteering also involved sitting down and talking to them to help them feel at ease whilst at hospital. Getting to talk to the patients and learning their story was a real privilege of the role. Placement was completed whilst studying at University, so role involved careful time management to ensure I could meet my other commitments.

### **Research Talks attended**

#### **Influence of context on memory and risky decision making — Dr Cristopher Madan (Nottingham Trent University guest lecture, 2017)**

Madan's presentation demonstrated that memory of success influences risker decision making, however not much of the presentation focused on the individual's context of risks in relation to their personal goal. Instead it focused on which ratios of risk an individual would prefer when there was no set outcome in mind.

#### **Inaugural presentation focusing on Sleep - Professor John Groeger (Nottingham Trent University guest lecture, 2018)**

We were fortunate enough to have John Groeger join us at NTU and provide an overview of his research on sleep for his inaugural presentation. The main focus of the presentation was on the different stages of sleep and how they change and influence us as we grow older.

### **References available upon request**

pressure, using it to perform at my highest level

- Process focused to achieve targets.
- Negotiation and persuasion skills to help develop athletes.
- Comfortable and experienced in media situations.
- Capable of communicating complex concepts in a simple, clear and concise manner.

### **AWARDS**

- Acceler8 Employability Gold Award 2018/2019
- NTU Sports Scholar: 2016-2019
- Civic Engagement in Psychology (Level 5) 2018
- 7th Place at Deep Creek World Championships 2014

### **LANGUAGES**

- Welsh (fluent/native)
- English (fluent/native)
- Level 2 & 3 French in the NTU University Language Programme (ULP).

### **MODULES**

- Psychology Research Project: Mid 1st
- Statistics III (Advanced statistics for Social Sciences): Mid 1st
- Professional Practice : Mid 1st
- Critical thinking: Low 1st
- Research Methods and Stats 2 : Low 1st
- Occupational Psychology: High 2:1
- Clinical Neuropsychology: High 2:2

