

Liebe Mitglieder der SASP, Chers membres de la SASP,

Gerne möchte ich auf das von der SGS unterstützte Webinar **“Performing with Purpose: Using Thriving to Transform Coaching and Participation in Sport”** vom 5. November 2025 15.00 bis 17:00 hinweisen. Das Webinar findet in Englischer Sprache statt.

Je souhaite attirer votre attention sur le webinaire soutenu par la SGS « **Performing with Purpose : Using Thriving to Transform Coaching and Participation in Sport** » (Performer avec un objectif : utiliser l'épanouissement pour transformer le coaching et la participation dans le sport), qui aura lieu le 5 novembre 2025 de 15 h à 17 h. Le webinaire se déroulera en anglais.

Aims of the Webinar:

To give a broad overview of how the concept of thriving can help to enhance sport participants' mental health, well-being and performance.

Speakers:

Dr. **Gareth Morgan**, Swiss Federal institute of Sport Magglingen (**Moderation**)

Dr. **Nadja Ackeret**, Swiss Federal institute of Sport Magglingen (**Introduction**)

Dr. **Daniel Brown**; University of Portsmouth, Faculty of Science and Health (**Main speaker 1: Individual perspective**)

Prof. Dr. **Chris Wagstaff**, Faculty of Science and Health (**Main Speaker 2: Collective perspective**)

Registration und link zum Teams-Webinar über untenstehenden link:

Inscription et lien vers le webinar Teams via le lien ci-dessous :

<https://events.teams.microsoft.com/event/8c6f2040-84f3-4973-911c-61699cfb219a@6ae27add-8276-4a38-88c1-3a9c1f973767>

Target Group:

Sport Scientists, Sport Psychologists, Students, Coaches, Sport psychiatrists, Sport physicians

Abstract:

The construct of thriving has received growing interest in sport over the past decade with a developing research base and applications in practice contexts (e.g., Sport Wales Thriving Environments Framework; UKSI Project Thrive). Within sport, thriving has been characterized by a sustained high-level of performance and the experience of high levels of well-being, meaning it offers an alternative perspective to the pervasive narrative in sport that solely focuses on performance. As a result, thriving holds potential as a beneficial outcome for sport systems as they seek to create spaces where individuals and teams are supported to achieve their performance outcomes in a safe, sustainable, and fulfilled way to, ultimately, experience development and success. These supportive and transformative environments have been labelled “thriving environments” (Brown & Wagstaff, 2025). In this webinar, we will first discuss the latest evidence on thriving in sport, as well as the key factors that influence thriving in individuals, teams, and organisations. In the second part of the webinar, we will offer recommendations for how coaches, sporting directors, and practitioners can create thriving environments in their sports, and share reflections from our own experiences of developing these spaces in sport organisations.