

## **Discussion Panel**

### **Health and wellbeing of athletes, clients and students**

#### **Abstract**

Join our expert-led Q&A discussion panel that explores all aspects of promoting and maintaining the health and wellbeing of athletes, clients, and students. This interactive session will delve into the different approaches used by experts from different organisations to create supportive environments. Our esteemed panellists from various fields will share invaluable insights, discussing how they empower the people they work with to prioritize their physical, mental, and emotional wellness, to ensure peak performance, productivity, and life satisfaction across all endeavours. Don't miss this opportunity to be inspired and equipped with holistic strategies for optimal health and success.

## Andrew Crowell



**Andrew Crowell** is a former AFL player, started his AFL journey with 4 years and 44 games as a senior listed player for the Adelaide Crows. After his playing career, he embraced impactful roles within the AFL community, becoming a manager at Ladder, the AFL's homelessness charity.

### Advocating for player welfare

Advocating for player welfare, Andrew also served as a Regional Manager for the AFL Players Association. Since 2017, he has thrived as the Personal Excellence and Wellbeing Manager at the Brisbane Lions, prioritizing the team's mental and emotional health as well as assisting players with their off-field development. His journey exemplifies dedication to sports and social causes, making a positive impact on players' lives both on and off the field.

## **Jaime Krol**

**Jaime Krol** is an experienced athlete wellbeing and engagement practitioner who has dedicated over 12 years of her career supporting athletes to live balanced lives whilst striving for the highest achievement in their sport.

Jaime's passion for supporting athletes started when she commenced the Elite athlete and Sporting Scholarship role at the University of Queensland. Whilst working in this role she studied a Graduate Certificate in Career Counselling for Elite Athletes.

Jaime then spent five years as the lead Player Development Manager for the Queensland Fire and Brisbane Heat Women's cricket teams. Building strong relationships with athletes and rolling out national and bespoke education programs for the teams.

Recently she has joined the team at the Queensland Academy of Sport (QAS) as an Athlete Wellbeing and Engagement (AW&E) Practitioner. Here she hopes to bring her experience in the space to help support the athletes in the lead up to the Paris and Brisbane Olympic Games.



## Ceran Nilsen



**Ceran Nilsen** is an experienced and passionate Athlete Wellbeing and Education Practitioner with 10 years' experience, currently working with the Brisbane Broncos. Ceran has a Graduate Certificate in Elite Athlete Mentoring and Career Development, amongst many other industry professional

certificates. Ceran knows how to make a positive and long-lasting impact in the lives of elite athletes across all sports. Ceran works closely in supporting athletes in the challenges of transitioning into, during and out of sport, particularly in facing athletic identity, personal and professional discourse, career development and general athlete wellbeing. Ceran's career vision is to contribute to the development and delivery of world class elite athlete wellbeing, career, and education programs. Her personal mission to continue to inform and influence sports policy and high-performance sport sector on the importance of practical and ethical evidence-based approaches and applications of holistic athlete wellbeing, career and education programs.

## **Emily Rosemond OLY**

**Emily Rosemond OLY** is the Director of Sport at QUT. A former Winter Olympian and Commonwealth Games Medallist with over 20 years' operating in high-performance sporting environments. She leads the development and implementation of QUT's Sporting Strategy and is focussed on leveraging the strengths of new technologies to support and inform their application within the university sector and broader sporting industry.



She possesses significant experience in major event delivery, and working across the high-performance sector spanning several national sporting organisations as part of the Australian Institute of Sport's high performance's 'Win Well' strategy. She has also led the development and implementation of new and immersive infrastructure and programs at QUT, including the Virtual Cycling Centre, esports program and sports-technology initiatives operating in rural, remote, and Indigenous communities.

She believes that building a strong and innovative sporting foundation for the long term, beyond the 'decade of opportunity' that Brisbane 2032 presents, requires the discipline of an athlete, whilst maintaining a holistic and collaborative approach to ensure the goals of the Olympic Movement can be achieved.

## **Matthew Wall**



**Matthew Wall** is an Accredited Exercise Physiologist (AEP) with post-graduate training in Mental health and Psychotherapy. Matthew views physical and mental health as highly interconnected and interdependent of each other. He practices as a senior AEP across private practice and public mental health community settings and has extensive experience working with people experiencing complex mental illness and those whose mental health have been impacted due to injury, pain or chronic illness. In addition to his focus on clinical practice, he is also focused on improving his understanding of the therapeutic alliance and its influence on therapeutic outcomes across healthcare interactions.