



# Rugby League Research Committee

## **NRL RLRC PLAYER WELLBEING PLAN**

### **APPLICATION FOR RESEARCH FUNDING**

#### **Expression of Interest**

The NRL and Rugby League Research Committee invite applications for research into the following question:

**What is the impact of an active, individual wellbeing plan that focuses on all elements of their life, on playing performance and transition post-playing career?**

#### **Background**

For the last 4 years the NRL has been implementing a new wellbeing strategy for all NRL players. The goal of this strategy has been to provide players with holistic, preventative wellbeing knowledge, skills and tools that can benefit their whole-person wellbeing.

#### **Scope of the Project**

At this point in time, it will be useful to evaluate the effectiveness of the Wellbeing Strategy to determine if its goals are being met. Therefore, it is proposed that independent research be conducted by a suitably qualified individual(s) from a reputable University or Research Institute.

Amongst a range of approaches that researchers may deem appropriate, the research will likely include:

1. Measuring compliance of the current Wellbeing Process of both the Wellbeing & Education Manager as well as the players at the NRL clubs.
2. Do the Wellbeing Plans follow an evidence-based design with contain measurable, actionable and realistically achievable goals?
3. Do Players with a customised Wellbeing Plan have better subjective and objective wellbeing outcomes than those Players without customised Wellbeing Plans?

#### **Submission of application**

Applications must be submitted on or before **Monday 23<sup>rd</sup> September 2019 COB**, by email to the Rugby League Research Committee, at [research@nrl.com.au](mailto:research@nrl.com.au)

#### **Submission requirements**

A read-only version of the application form can be found at:

<https://www.nrl.com/operations/research/apply/>

For an editable version, please contact [research@nrl.com.au](mailto:research@nrl.com.au)