



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:

Are there specific stressors on coaches, trainers, managers and other administrators in the NRL that require specific wellbeing support?

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.

Research has yet to be undertaken to evaluate the types of stressors, and impact of stressors, on people employed within the NRL system and elite clubs that are not players: including roles such as coaches, trainers and other staff and administrators.

Scope of the Project

The project could choose to either be broad in scope, or focus upon:

1. Type of role(s) – perhaps one or more of roles such as coaches, trainers, football administrators, performance staff, football operations staff.
2. Type of stressor(s) – one or more of the following factors that could act as a stressor: family relationships, employment uncertainty, relocation, time management and pressure.
3. Type(s) of wellbeing support

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

1. Quantitative research methods – surveys
2. Qualitative research methods – face to face interviews or focus groups

Submission of application

Applications must be submitted on or before **Monday 23rd September 2019 COB**, by email to the Rugby League Research Committee, at 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