

Job Title: Team Psychologist**Reporting To:** Head Coach(s)**Location:** National Camps, Competitions (Domestic & International), and Training Venues**Contract Type:** Part-time / Project-based (as applicable)

Position Overview:

The Sports Psychologist will be responsible for supporting the mental health, emotional well-being, and performance mindset of athletes in the Indian National Rugby Sevens Team. This role involves designing and delivering evidence-based mental performance programs and providing individual and team-level psychological support to help athletes perform consistently under pressure.

Interested candidates should submit their CVs to ankush.arora@rugbyindia.in and sourojit.ghosh@rugbyindia.in by 15th June 2025

Key Responsibilities:**1. Mental Performance Development:**

- Design and deliver mental skills training programs (focus, confidence, composure, resilience).
- Facilitate workshops and sessions on goal setting, motivation, stress management, and team cohesion.
- Develop pre-competition routines and mental strategies for high-pressure situations.

2. Individual Athlete Support:

- Offer one-on-one consultations to athletes for performance and personal challenges.
- Support athletes dealing with injuries, performance anxiety, burnout, or life transitions.
- Maintain confidentiality while reporting relevant observations to the coaching team with athlete consent.

3. Team Dynamics & Culture:

- Foster a high-performance culture grounded in values, trust, and effective communication.
- Work with coaches and team leaders to build leadership, accountability, and positive team dynamics.
- Provide conflict resolution support when necessary.

4. Psychological Screening & Monitoring:

- Conduct psychological readiness assessments and mental health screenings.
- Monitor the emotional and mental well-being of players across training and competition cycles.
- Identify red flags early and recommend appropriate interventions or referrals.

5. Collaboration & Education:

- Work closely with coaches, medical staff, and strength & conditioning professionals to ensure holistic athlete care.
 - Educate staff and players on psychological aspects of injury rehab, load management, and recovery.
 - Create awareness around mental health and destigmatize psychological support within the team.
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Qualifications & Experience:

- Master's or Doctorate in Sports Psychology / Clinical Psychology with specialization in sports or performance psychology
 - Certification or registration with a recognized professional body (RCI, ASPASP, or equivalent)
 - Minimum 3 years of experience working with elite athletes or high-performance sport teams (rugby or contact sports preferred)
 - Proven experience delivering mental skills programs in a competitive sports environment
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Skills & Attributes:

- Deep understanding of athlete psychology, high-pressure environments, and team dynamics
 - Strong communication and interpersonal skills; culturally sensitive approach
 - Ability to work discretely and ethically with diverse athlete profiles
 - High emotional intelligence, trustworthiness, and a proactive attitude
 - Flexible and willing to travel with the team for camps and international competitions
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Remuneration:

Commensurate with qualifications and experience; in accordance with Rugby India and Sports Authority of India (SAI) standards.