

Charlotte Merrett

Doctoral Researcher

[School of Sport, Exercise and Rehabilitation Sciences \(/schools/sport-exercise/index.aspx\)](/schools/sport-exercise/index.aspx)

Contact details

Email ckm499@bham.ac.uk (<mailto:ckm499@bham.ac.uk>)

School of Sport, Exercise and Rehabilitation Sciences
University of Birmingham
Edgbaston
Birmingham
B15 2TT
UK

About

PhD Title: Motivational factors, well-being, and optimal functioning in teams

Supervisors: Professor Joan Duda

Charlotte Merrett commenced her doctoral research in 2010 following a period of employment in the business sector with Pfizer Ltd. Charlotte is working on the PAPA Project (www.projectpapa.org (<http://www.projectpapa.org>)) - A European-based project committed to enhancing young people's health and well-being, via positive experiences in youth sport.

Qualifications

- BSc Joint Hons Psychology & Sports Science – University of Birmingham
- MSc Health & Exercise Sciences – University of Bristol

Biography

Following degrees from the University of Birmingham and the University of Bristol, Charlotte worked as an executive for Pfizer Ltd. Her primary role focused on consulting with primary and secondary care key opinion leaders of chronic disease management in the NHS and supporting the provision of better healthcare for patients within this setting.

Besides studying for her doctoral degree, Charlotte is also involved in teaching motivation-related lectures and seminars, statistics, and sports psychology labs to undergraduate students at the university.

Research

Charlotte is conducting her research in association with the PAPA Project (www.projectpapa.org (<http://www.projectpapa.org>)) – A European-based project committed to enhancing young people's health and well-being, via positive experiences in youth sport. Her interests focus on exploring motivational factors, well-being, and optimal functioning when these processes are operating within teams.

Other activities

Charlotte is a former Great Britain and Wales hockey player and has also represented Wales in athletics.

Away from her academic studies, Charlotte can often be found engaged in running, walking, yoga, tennis.....or some other fitness-related activity. Also enjoys travel, photography, and good food and drink.

Publications

Presentations

Merrett, C., Duda, J.L., Queded, E. (2010) Team-referenced perceived coaching environment, needs satisfaction, and well-being in elite hockey players. *European Congress of Sports Science, Liverpool 2010*