

**POSTER FOR CANDIDATURE ELECTIONS FEPSAC MC 2026-2030
Timisoara, Romania – Wednesday 16 July 2026**



Name: Małgorzata Sławińska

Group member: Institute of Sport – National Research Institute

Candidate for the position of: Regular member

I am a researcher and sport psychology specialist from Warsaw, Poland, currently serving as Assistant Professor and head of the Social Sciences Department at the Institute of Sport - National Research Institute. My academic path took me across Europe: I earned a BSc (Hons) at Edinburgh Napier University, a European Master's in Sport and Exercise Psychology jointly awarded by the University of Thessaly and the University of Leipzig, and a PhD at Northumbria University Newcastle. These formative years across the United Kingdom, Greece, and Germany shaped not only my research skills but also my deep appreciation for international collaboration and the richness of diverse perspectives in our field.

My research focuses on athlete mental health and well-being, with a particular interest in burnout in sport, as well as the psychological determinants of physical activity engagement. I have contributed to studies published in leading journals, including the *British Journal of Sports Medicine*, *Psychology of Sport and Exercise*, and *Sport, Exercise, and Performance Psychology*. Beyond research, I serve as a reviewer for several international journals. I have also been involved as an expert in the nationwide WFzAWF project in Poland, contributing my expertise in sport psychology to a country-wide initiative aimed at strengthening the quality of physical education.

A central theme of my work over the past several years has been dual-career development in sport. I have coordinated the Erasmus+ Sport project DC4Biathletes, which aims to build a comprehensive support system helping biathletes balance their sports careers with education and future career goals; and participated as a senior researcher in DCJA (Dual Career for Junior Athletes) project, focused on creating dual-career support structures for young athletes across Europe. I have also been involved in further EU-funded projects as both coordinator and beneficiary, including MOVE4FUN (gamifying physical activity for young people). These projects have given me first-hand experience in managing multinational consortia, delivering policy-relevant outputs, and working within European programme frameworks - skills that I believe are directly transferable to the work of the FEPSAC Managing Council.

I am standing for election as a regular member of the Managing Council because I want to contribute to strengthening FEPSAC's mission at a time when sport psychology is gaining unprecedented visibility across European sport systems. If elected, my priorities would include advancing evidence-based athlete mental health initiatives at the European level, supporting the development of dual-career policies informed by research, and fostering stronger links between FEPSAC and EU-funded research networks. Drawing on my experience in international project coordination and applied research, I am ready to serve the sport psychology community and to help shape the future direction of our federation.