

# MATTHEW BRIGGS



## Resilience & Mindset Mentor

Matthew made his Premier League debut for Fulham FC aged just 16 years old, making him the youngest ever Premier League player at the time. He was pushed into the first team for what should've been an amazing, life-changing time. However, he was held back in the reserves after being signed for 4 years. This took a toll on his mental health, as he was given no support or explanation.

After difficult years dealing with injuries and struggling with depression, Matthew is now a mentor for young players at the Academy at Fulham FC. He has recently been featured on ITV and Rising Ballers sharing his story. Matthew is dedicated to supporting the next generation to speak openly about mental health, using his story to inspire others to start again after setbacks.



### SESSIONS FOCUS ON:

- ✓ Building Confidence
- ✓ Improving Resilience
- ✓ Positive Mindset Coaching

### AVAILABLE FOR:

- ✓ Primary & Secondary
- ✓ Northern Schools



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About The  
Movement