



Christ Church  
Grammar School  
PERTH, WESTERN AUSTRALIA

Media release  
June 2023

## Paddy Upton – expert in residence at Christ Church Grammar School

Christ Church Grammar School will welcome Paddy Upton as their expert in residence later this month.

Paddy is a South African high-performance sport coach, mental coach, author and speaker – an expert in adopting a holistic and healthy approach towards high performance - in sport, work and life.

Paddy will run workshops with students and will also be guest speaker at a community event.

Paddy has many achievements including helping lead the Indian national cricket team to win the 2011 ICC Cricket World Cup for their first time in 28 years, and to become the World's No. 1 Test Team for their first time.

As Performance Director, he then helped lead the South African cricket team to become the first to simultaneously hold the World No. 1 ranking in all three formats of the game.

He has been Head Coach of five different professional T20 cricket teams in 13 tournaments across three of the world's major leagues, the IPL, BBL and PSL, including leading Sydney Thunder from wooden spooners to BBL Champions in 2015.

He is a podcaster and author of *The Barefoot Coach*; Life-changing insights from coaching the world's best cricketers.

Christ Church Grammar School Principal Alan Jones said Paddy's holistic approach to high performance aligned with the School's values and aims of the Wynne Centre for Health and Wellbeing.

"At Christ Church Grammar School, we believe in nurturing the mind, body, and spirit for true personal success. We are delighted that Paddy will be spending time in the School, sharing his experience and expertise with our students and staff," he said.

"Paddy's achievements speak for themselves, and as he embarks on his journey here at the Christ Church, his insights will undoubtedly leave an indelible mark on our students and community."

### Community event:

**Date:** Thursday 29 June

**Time:** 6.00pm to 7.00pm

**Venue:** Christ Church Grammar School Chapel,

**RSVP:** [CCGSPaddyUpton.eventbrite.com.au](https://ccgspaddyupton.eventbrite.com.au)

For further information:

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