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EDUCATION

PhD Exercise and Sport Physiology
University of Western Australia, 2017

Masters in Business Administration
Australian Institute of Business. Currently
completing, expected completion April
2024

Bachelor of Science (Exercise Science)
The University of Western Australia, First
Class Honours, 2012

Fellowship
Higher Education Academy, 2021

SKILLS

- High level of communication both written, verbal and presentation
- Leadership
- Time management
- Collaboration and Teamwork
- Problem-Solving
- Critical Thinking
- Decision-Making
- Performs well under pressure
- Attention-to-Detail
- Resilient
- Adaptable
- Analytical
- Prioritisation
- Multitasking
- Organisation and Planning

Claire Badenhorst

Senior Lecturer

PROFESSIONAL PROFILE

Innovative, insightful, and engaging Researcher with experience in strategic project management, operations, human resource, and marketing management. I have over 14 years of research experience including 6 years of research development, leadership, and education. I have successfully established an independent research programme and professional profile within my field of exercise and sport science. Specifically, I have developed a research profile on female health, well-being, and performance. I have sought to continuously develop my skill set and commercial mindset with additional expertise in business strategic management and project development attained during my MBA studies. As a Senior Lecturer, I utilise my excellent communication, leadership, and problem-solving skills to create supportive learning and innovative environments for staff and students. I ensure the highest quality of research, leadership, and education are delivered throughout my professional relationships both internally and externally. Currently, I have established a reputation through leading by example as my preferred management style, providing mentorship and coaching to fellow staff and students. Excelling in both current and previous roles, I am eager to apply my knowledge and skills while embarking on this next career path.

PROFESSIONAL EXPERIENCE

Senior Lecturer

Massey University, Auckland New Zealand, 2017-Present

Within my role as a Senior Lecturer, I demonstrate achievements in academic services, research, enterprise, teaching, and learning.

- **Research programme development and management:** I have successfully established a female health and performance research programme externally funded by Government health grants worth \$500,000. This has required my skills in:
 - Strategic planning to define and refine research agendas that meet the aims and objectives of external health and sport performance research organisations.
 - Design thinking for new projects, and services to support the development of research initiatives that focus on health, wellbeing, and performance of the target market.
 - Day-to-day operations management to ensure effective use of resources for testing, data collection, and processing/analysis.
 - Participant marketing and engagement to recruit individuals for research projects and ensure high compliance throughout the research trials.
 - Staff contract support and management to provide a collaborative and efficient team environment,
 - Development of Standard Operating Procedures and streamlining administrative tasks to reduce participant burden and improve the research experience.
 - Financial management of the research budget

AWARDS

Massey University Early Career Research Medalist, 2022

Maurice and Phyllis Paykel Trust Travel Grant, 2022

Applied Sports Science Research Grant provided by Exercise and Sport Science Australia (ESSA) PhD student recipient, 2015

High Performance Sports Research Grant received from the Australian, 2014

EXPERTISE

- Management & Leadership
- Strategic Planning and Management
- New project and service design and management
- Project Planning and scheduling
- Operations Management
- P&L Management
- Compliance
- Reporting
- Quality Assurance
- Financial and Budget Planning & Management
- Client Engagement
- Process Improvements
- Staff Development
- Project Management
- Risk Management
- Cost Analysis
- Health & Safety
- Stakeholder Engagement
- Crisis Management

Senior Lecturer- continued

Massey University, Auckland New Zealand, 2017-Present

- **Teaching and learning:** I co-ordinate undergraduate and postgraduate courses in sport, exercise science, and human nutrition. I have driven the implementation of effective online and digital learning. I have used my skills and experience acquired through my professional development and recognition as a Fellow in the Higher Education Academy. I ensure an enhanced educational experience in online content that is in line with best practices for knowledge acquisition.
- **Governance:** as the Major Leader of the Bachelor of Science (Exercise and Sport Science) I am required to provide strategic oversight of the programme. I provide peer support and recommendations that ensure an attractive educational offering is provided for students. The offering doesn't only consider the client's (student) perspective and needs but aligns with the strategic objectives of the University.
- **Leadership, supervision, and time management:** In 6 years, I have mentored and supervised more than 21 higher degree research students to successful completion of their degrees. I have created a work environment that ensures the timely completion of research and reporting of results. I utilise the lead-by-example management style to create a supportive, efficient, and innovative work environment for these individuals. This culture enables and drives their success and professional development in Sports Science, Human Nutrition, and Dietetics.
- **Research and enterprise:** I have published over 30 peer-reviewed academic journal publications in Q1 Exercise, Sport Science, and Nutrition Journals. My work has been cited over 900 times and my h-index is currently 14. I have over 10 conference proceedings for my work, that has been presented at international and national conferences in sport science and human nutrition. I am an invited Editorial Board member of the Women in Sport and Physical Activity Journal, Review editor of Frontiers Sport and Active Living: Elite Sports and Performance Enhancement and Frontier Sport and Exercise Nutrition Journal, and Guest Associate Editor of a special edition: Sex differences in Sport and Exercise Nutrition, specific insights, and recommendations for females. My international research reputation has led to invitations to work with collaborators in the UK, Japan, Finland, and Germany.
- **Academic and Public Service:** I have been an invited expert for presentations related to my subject and research expertise for numerous external organizations. I have utilised my excellent communication skills to effectively translate research and provide real-world, and meaningful discussions for individuals with regard to their health and performance. Presentations have been requested by national organisations (Clinical Exercise Physiology New Zealand, Rowing New Zealand) and international organisations (TrainingPeaks, Sports Dietitians Australia). My presentation skills, enable me to present and share research findings to individuals of various levels of experience, knowledge, and expertise.
- **Leadership:** In 2022, my excellence in research and leadership was recognized by Massey University, and I was selected as one of two Massey University representatives for the 2022, Te Manahua New Zealand Women in Leadership Programme. This professional development has enhanced my leadership reputation within and external to the University. I have used these skills to support colleagues and students with the day-to-day operations of education and research. In 2022 I was awarded the University Early Career Research Medal for excellence in my research career and leadership in my research field.

TECHNICAL EXPERTISE

- Microsoft Word (Standard and Google)
- Excel (Standard and Google)
- Outlook
- PowerPoint (Standard and Google)
- SPSS statistics program
- Microsoft Teams
- Zoom

RESEARCH PROFILE & PUBLICATIONS

An up to date list of research publications and activities may be reviewed at the following:

- ORCID: <https://orcid.org/0000-0002-8434-9730>
- Google Scholar: https://scholar.google.com/citations?user=Eqq9_QkAAAAJ&hl=en

REFEREES

Available on Request

Consulting Sport and Exercise Physiologist for Femmi Ltd 2023-Present

I was invited to join the expert panel for a start-up company in female athletic health, coaching, and development.

- **Strategic support:** As an expert in Sport and Exercise Science, my role here is to provide advice to the founders of the company that will inform the strategic direction of their products and services for their clients. I use my research and business expertise to clearly articulate opportunities for the organisation and provide meaningful and actionable options for the founders to consider.
- **Compliance:** I provide expert oversight and review of educational content within products and services to ensure compliance with current research. Ensuring content is accurate and evidence informed so that clients are able to have access to the highest quality of information.
- **Stakeholder Engagement:** As part of the expert panel, I am requested to provide presentations on research-specific topics for the company to various stakeholders. Here, I showcase superb communication and interpersonal skills while building client relationships across the community. In doing so I maintain open and honest communication channels that are in line with contractual obligations.

Independent author of TrainingPeaks Ltd in Female health and sport physiology 2023-Present

- **Reporting:** I prepare content and articles of interest for the company. I utilise and demonstrate excellent written communication skills to help provide evidence informed discussions on topics that are relevant or debated within the sporting community.

Consulting Sport and Exercise Physiologist at SportsLab Auckland, New Zealand, 2020-Present

- **Needs analysis:** I provide expert needs analysis on clients of health practitioners. I provide an unbiased external perspective on the client's health status and support for health management after acute treatment has been completed.
- **Leadership and mentoring:** I have established a trusted reputation within the clinical and senior leadership team. I am able to mentor staff members and share my expert knowledge to further support their services and client needs.
- **Cross-Functional Team Engagement:** I excel as the conduit between senior leadership, and various health practitioners, including physiotherapists, massage therapists, professional staff, and dietitians. Providing support, guidance, and direction needed to ensure organisational cohesion.

External Research funding

- Principal Researcher: Health Research Council Explorer Grant \$150,000, 2023
- Principal Researcher: Health Research Council Emerging Research First Grants \$249,999, 2022
- Principal Researcher: Massey University Research Fund (MURF) \$19,716, 2021
- Principal Researcher: International visitor research fund \$3000, 2019
- Collaborating Researcher: Healthy Active Learning Evaluation, Associated researcher \$1.2 million, 2019
- Principal Resercher: Massey University Research Fund (MURF) \$18,773, 2017