



Charles Martin-Krumm

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Charles Martin-Krumm is Associate Professor at the University of Western Brittany. He is also President of the French and French Speaking Positive Psychology Association and Leader of the University Diploma in Positive Psychology at the University of Metz.

He earned his MA in Training and Physical Activity at the University of Paris in 1992 and now holding a PhD in Sport Sciences and Psychology from the same institution since 2002. Also earned a Habilitation in Psychology in 2014.

Professor Martin-Krumm's general area of interest is the process in which optimism in its direct or indirect forms is involved to predict resilience, performance, wellbeing, emotions and health in the context of school, sports, health and workplace. The effect of optimism on cognitive, affective, behavioural and physiological variables is the main interest of his research. Overall, they are designed for understanding the phenomenon, and to design trainings for coaches, teachers, or managers. More specifically, Professor Martin-Krumm is interested in the effect of optimism or hope on success expectancies and anxiety, and on the indirect effect on performance.