

Meet Rhys Mooney

MINDSET COACH

Rhys is a Mindset Coach driven by combining his passion and knowledge for sport and his desire to support athletes and coaches in constant pursuit of their best.

Rhys has supported both amateur and professional athletes and coaches, helping them to understand the importance of psychological training as a crucial component of preparation and performance, both during and outside of competition.

He has provided psychology support to Wales Golf players for the last three years, has recently started a new role with football agency 'Seeking The Elite' supporting their clients and families with the demands of professional football, and has worked with various other high performance athletes across a range of different sports.

Rhys' philosophy at iPursuit is to contextualise sport psychology - to deliver this increasingly important pillar of performance - in the client's own performance environment.