

CPAST Mental Performance Coach



Stuart Munro

CAREER

2023 to Present CPAST Mental Performance Coach

High Performance Psychologist working with Elite Athletes at National, Provincial and Local Levels

15 years Alpine Ski Coaching with Windemere Valley Ski Club

2000s: Semi Pro Rugby Player in France

www.minds2perform.com



LIFE

From Scotland and live in the UK

Lived 15 seasons in Panorama, BC



CERTIFICATIONS

Registered Psychologist with British Psychological Society

MSc in Sport & Exercise Psychology

MSc in Business Management

BSc with Honours Psychology

FUN FACT & QUOTE

Holds the record for skiing all of the Taynton Bowl Ridge in 1 Day

"What am I doing today that will serve me well tomorrow?"

