

# Nicholas (Nic) Venter

## Contact Information:

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- Location: Randburg, JHB; Rondebosch, CPT

## Education:

- M.A. Counselling Psychology, University of Johannesburg (UJ)
- M.Sc. Psychology, Roehampton University
- B.A. Sport Science, Stellenbosch University

## Professional Expertise:

- Emotional Intelligence (EQ) Development
- Mindset Coaching
- High-Performance Sport Psychology

## Work Experience:

### Mental Performance Coach

- WP Cricket, 2017-2020
  - Worked closely with cricket athletes to enhance mental resilience and performance.

### Mental Performance Coach

- University of Johannesburg (UJ), Jan 2021-Feb 2022
  - Provided mental performance coaching to athletes at the university level.

### Founder and Owner

- Equip Sport and Wellness Group
  - Established and led a sports and wellness organization focused on enhancing athlete well-being and performance.

- Developed and lecture Courses in Sport and Performance

### **Subject Matter Expert**

- Sport Psychology, South African College of Applied Psychology (SACAP)
  - Contributed as a subject matter expert, sharing insights into sport psychology.
  - Development of Sport Psychology Courses

### **Psychology Lecturer**

- South African College of Applied Psychology (SACAP)
  - Taught psychology courses and mentored future psychologists.

### **Multiple Independent Contracts**

- Duminy Squash Academy
  - Provided psychological support and coaching to squash players.
- Puremotion Golf Academy
  - Worked with golfers to improve mental aspects of their game.

### **Notable Achievements:**

- Worked with various international athletes, including Olympians, Proteas Cricketers, Sunshine Tour Golfers, MMA fighters, and Springbok rugby players.