

CHANGING MINDS^{UK}

Comprehensive psychological services designed to help others navigate change, maximise performance, and realise potential



ALEX FEARY SPORT PSYCHOLOGIST



Alex holds a Master's degree in Sport and Exercise Psychology from Loughborough University and is a BPS Chartered Sport Psychologist. He has worked as an applied practitioner within elite sport since 2012, and prior to this worked as an Assistant Psychologist within a clinical setting with adolescents presenting with complex needs.

Alex has supported adolescent and adult elite performers and the coaches and systems around them across a range of Olympic and Professional Sports. This includes amongst others, work with Premier League and Championship football clubs, National Cricket, GB Canoe, England Netball and mixed martial artists from the UFC. Alex believes strongly in integrating psychological knowledge from a range of theoretical perspectives in helping to assess and understand the needs of the clients and the systems he works with. He has skills in delivering a range of evidence-informed psychological interventions, including those drawing on cognitive-behavioural, mental skills and mindfulness techniques.