

## ABBIE BOWMAN



## QUALIFICATIONS

- Climbing Wall Instructor
- Climbing Wall Development Instructor
- BMC Fundamentals 1, 2 & 3
- BSc & MSc in Sport & Exercise Psychology
- Doctorate in Sport & Exercise Psychology (ongoing)

## ABOUT ME

I've been climbing for 11 years and have worked in the industry for 8 years.

I'm a climbing coach, currently training a Depot Academy climbing group.

Bouldering is my preferred discipline, however I spend a lot of time outdoors on a rope. I'm also an avid Jiu-Jitsu participant.

## WHAT CAN I DO FOR YOU?

I believe the hardest battle you face in climbing (and exercise in general) is the mental one.

I love exploring the mental barriers that hold us back when climbing.

My coaching is focused around improving movement patterns that provide a solid foundation for confidence on the wall.