



ABBIE ROBINSON

Coaching Profile

I've been climbing for 13 years, and I just love the feeling of being in full flow on the wall-it feels like dancing!

I'm partially blind, but that has not stopped me competing on the GB Paraclimbing team and train to be a sports psychologist.

I also love any sports that get me outside, from cycling and mountain biking to open water swim.

What can I do **for you?**

I have coached for 10 years, teaching individuals and groups with a wide range of ages and abilities. Utilising this experience, I can help you unlock new skills, gain confidence and build for success based on analysing your climbing and pinpointing areas for improvement.

Combining not just the physical, but mental aspects of climbing into your coaching is something I can bring to the table to help you meet and exceed your goals!

Coaching **Qualifications**

- Climbing Wall Instructor
- Foundation Coach Award
- Development Coach Award