

Richard Bennett – NSWIS “Inhouse” Sports Psychologist

BA (Hon) Psychology, Dip Sociology, MCET, MAPS- CoSP.

Richard Bennett comes to the NSWIS after five years consulting globally with elite athletes competing on the Association of Surfing Professionals World Tour. Richard’s pioneering work and research with elite competitive surfers and extreme big wave riders culminated with the release of his first book in 2004 “The Surfer’s Mind: The complete, practical guide to surf psychology”.

Prior to consulting on the world surfing tour, Richard worked for three years as a Senior Psychologist in in-patient and community based Mental Health Care. He has also completed advanced training in Eastern healing modalities as well as the practice and teaching of Yoga.



Richard has presented papers at National and International Sport Psychology Conferences and published numerous articles world wide on the psychology of surfing. He has also worked in an advisory capacity to ASP International and the Surfrider Foundation and is a member of Surfing Australia’s National Coaching Advisory Panel and the Surfers Medical Association.

Richard delivers a holistic approach with athletes and teams to achieve performance enhancement, as well as personal development through elite sports participation. A committed surfer from Bells Beach in Victoria, Richard is now enjoying the warmer waves along the NSW coast.

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