

Theo Bezuidenhout

Sport Psychologist

Theo is a sport psychologist, guest-lecturer and self-confessed sports nut. He is the founder of BVP Sport Psychology as well as the current High Performance Psychologist for GolfRSA.

Theo received his Master's in Counselling Psychology from the University of Pretoria (Magna Cum Laude) for his thesis on "Bridging the Sport Psychology Gap in Golf". A study focused on how tertiary golfers perceived the use of technology (video-taping) as a tool to improve their performance.

Theo has consulted as a sport psychologist over the last decade and in that time, he has worked in numerous sporting codes including athletics, cricket, hockey, tennis, swimming and rugby.

Early on in his career Theo became involved in golf and he has a passion for helping golfers develop the mental processes needed to succeed. In this capacity, Theo has worked with various provincial and tertiary teams as well as various South African Golf Association (SAGA) number one ranked players. Theo's influence has also extended to the professional game and he has assisted various Sunshine Tour professionals in developing their mental approach to the game.

Theo also consults with multiple-winning European Tour professional, Brandon Stone, and describes being present when Brandon won the 2016 SA Open as a career highlight.

In his capacity as sport psychologist, Theo has worked with various institutions throughout his career including GolfRSA; TuksGolf Academies; the High Performance Centre (HPC) at the University of Pretoria; Stanford Golf; Texas Christian University (TCU) Golf; The English Golf Union (EGU), the Nashua Titans; The Golf Management Campus at Zwartkops Country Club; the African Turf Academy (ATA) at Silver Lakes as well as the Sunshine Tour Gary Player Development Squad of 2016/2017 and also the MoreGolf Group.

Theo has a professional philosophy that performance (good or bad) is not coincidental and he encourages clients to maintain both physical and mental processes and routines that lead to consistent performances and a consistent life.