



Bertus Mouton

SPECIALIST CONSULTANT



CCI  PROFESSIONAL
ACTUALISING HUMAN CAPITAL

Bertus Mouton is the head coach of Moonshot Coaching. He is passionate about big goals and seemingly impossible quests. *“To achieve, you need a dream, but without a plan, it stays in the ‘wishful thinking sphere’. Once you throw some thoughts around, start putting in a few dates, it becomes goals, and those then, can turn into reality.”* Bertus is an analytical thinker and once he falls in love with something, he mixes his passion for it with practical and analytical thinking, thus challenging the status quo and silencing the naysayers. As a very young coach of a provincial team, he was appointed as the head coach of a junior national team in 2003. He had to manage and lead the team, instruct the (much older) assistant coaches and settle the nerves of parents at home. After a successful tour, he was re-elected for five consecutive years, ultimately leading his teams to win two silver medals at World Championships and two bronze medals at Southern Hemisphere Championships. He also had continued success at local events, winning numerous gold medals as a provincial and club level coach. But success on the sports field wasn't the only successes. At the age of 25, he was appointed as director to a mining, manufacturing, and road rehabilitation and infrastructure development company in the greater Steelpoort district. Playing a leading role in negotiations to their successful mergers and ultimate sale. From there, the group CEO of a construction company. Soon, he had another opportunity at coaching but this time in the business world. He helped four employees achieve their dreams of owning a company and guided them from startup to successful companies. Bertus is happily married to Ulindi, they have two children and live in Pretoria, South Africa.



QUALIFICATIONS BACKGROUND

- **How to Build an Endurance Training Programme** from SSISA (Sport Science Institute of South Africa) *Coaching plan and long-term strategy development;*
- **Cycling Science - The essentials of cycling physiology and coaching** from SSISA (Sport Science Institute of South Africa) *How the body responds and reacts to training and training load;*
- **UCI Level 1 Coaching course** from Union Cycliste Internationale (UCI) *International level cycling certification. This 1st level of the 3 levels is comprehensive followed by practical sessions for level 2 and ultimately lecturing for level 3;*
- **Sports Conditioning Coach** from Trifocus Fitness Academy, *Conditioning is more than just sport specific training;*
- **Understanding Sports Psychology** from Udemy, *Psychology and mindsets in sports;*
- **Sports & Exercise Nutrition** from Shaw Academy, *Understanding how sports and nutrition rely on each other. It is not just eating for training, or just eating for survival, but about making good healthy decisions;*
- **Junior stroke development - 4 years+** from Udemy, *Sometimes you need to be taught the finer details and not just how not to drown.*

PROFESSIONAL ACUMEN

- Coaching individual athletes from couch to running 5km;
- Moms with newborn babies wanting to get back into fitness. Assisting with diet and weightloss plans and strategies;
- Taking new athletes from completing 10km to successfully completing the Comrades Marathon;
- Coaching athletes to take on the Cape Epic;
- Riding the Munga Cycling event;
- Coaching busy CEOs to complete their first Ironman Triathlon;
- Coaching athletes that couldn't swim to complete their first triathlon;
- Coaching school children in cross country and mountain biking;
- Played and coached underwater hockey at national level;
- Provincial colours in Chess, Karate, and Freshwater Angling;
- Currently the appointed head coach of the Garsfontein High School Mountain bike team.

AWARDS & ENDORSEMENTS

- Coach of the year;
- Several podium finishes;
- Captain of club and provincial teams.

PASSIONS & HOBBIES

- **Pushing boundaries** - Take on the seemingly impossible and motivating others to do the same.
- **Coaching** - Started coaching at a young age and have done that at many different levels.
- **Potential realisation** - Privileged to be part of the journey and to see an athlete go from their doubtful self to someone that achieves and has success.
- **Taking part in races, cycling events, triathlons** - Ran a few races, cycled a few road and mountain bike races and took part in a few triathlons.
- **Learning** - Enjoy learning and reading about new trends that make life and living a bit easier.



CONTACT

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