



## **Cormac Venney & Hip Psychology**

Cormac Venney is the founder of HIP Psychology, with a mission to support school communities in creating a culture of strong emotional well-being and positivity.

After obtaining a Masters in Psychology at UUI, Cormac furthered his knowledge at the prestigious IMG Academy in Florida and JFK University in California. Upon returning to Ireland, HIP Psychology was established.

In the post-pandemic era, HIP has collaborated with over 40% of primary schools in Northern Ireland, addressing various themes such as developing resilience, combating bullying, and tackling anxiety. Beyond supporting students, HIP engages with staff and parents through enjoyable and educational workshops.



In 2024, HIP is set to launch 'HIP N Healthy,' a year-long live online program aimed at providing schools across Ireland with much-needed expert well-being support. The objective is to deliver a high-impact, high-quality, and high-value service.

Sport holds a significant place in Cormac's life. He served as a sports psychologist for the Ulster Rugby Academy from 2015 to 2021, during which 18 players graduated to become full-time professionals. Cormac played GAA for his club seniors for 20 years, winning several county medals and a much-cherished All Ireland 7s medal. Currently, he coaches his local GAA Under-14 team.

In his spare time, Cormac enjoys having the craic and stars in improvisation comedy shows across Ireland.

<https://hippsychology.com/schools-education/>