

LONG BIO RIANNE SCHOREL

The Female Athlete Brain” – The Book by Rianne Schorel, The Voice of Female

Athletes Long Bio – Rianne Schorel

Rianne Schorel is a former professional footballer, brain health advocate, and co-founder of *Move the Brain*, a pioneering platform dedicated to brain health and recovery with a special focus on female athletes. With a successful football career playing for clubs such as ADO Den Haag and representing on trainings camps the Dutch National Team, Rianne’s life took a pivotal turn when she suffered multiple concussions.

Her personal experience with brain injuries revealed a laring gap in sports medicine and neuroscience: female athletes were largely overlooked in research, treatment protocols, and recovery strategies. Determined to change this, Rianne shifted her focus from the pitch to the lab and clinic, becoming a leading voice in female brain health advocacy.

Over the past seven years, Rianne has empowered over 500 individuals through personalized neurofeedback, brain mapping, and recovery programs tailored to the unique neurological needs of women. Her innovative work bridges the worlds of neuroscience, sports, and gender studies, translating complex science into practical tools that support healing, performance, and resilience.

As the author of *The Female Athlete Brain*, Rianne combines her lived experience with rigorous research to challenge outdated models and inspire a new approach to female athlete care. She is a sought-after speaker, consultant, and collaborator with sports organizations, healthcare providers, and advocacy groups worldwide.

Rianne’s mission goes beyond recovery — she aims to reshape the narrative for female athletes globally, ensuring they receive the respect, understanding, and support they deserve both on and off the field.