

- My approach to Sport and Performance Psychology interventions involves approaching individuals with multicultural considerations and respect for individual differences, allowing me to provide individualized, systematic interventions. My sport and performance psychology interventions are guided by my diverse athletic experiences and notable achievements to the elite levels in my sport, which allow me to relate with individuals at all levels of sports and in various contexts; my intuition, high attunement, and ability to connect with people, which allow me to accurately discern people's needs across various contexts; and my professional training and education, which allow me to equip people with an expansive, transferrable skillset that results in overall wellbeing and peak performances, in not only sport and performance, but ultimately all facets of life and beyond their time with me.
- This starts with an intake that involves providing informed consent (i.e., regarding confidentiality; sharing my competencies, intentions, and expectations; clarifying their expectations and any questions; Taylor, 2015). The intake follows with building rapport (e.g., asking them about their sport, life, interests, achievements, aspirations), so that they can sense my genuine desire to support them in their achievement of performance excellence, while I identify their strength areas and values that I can optimize to support them throughout the process (Powell, 2022). Data is recorded, before, during, and after sessions; feedback and evaluations (e.g., feedback logs; assessments) are incorporated throughout the process, personally recorded by the individuals and documented by me, providing individuals with clear gauges of their progress towards their achievement of performance

excellence. I incorporate various performance assessments such as the Athletic Skills Coping Inventory (ASCI, 28) and Emotional Intelligence Assessment (EQI 2.0), Individual Strengths Assessments, Values in Action Character Strengths Survey, and Performance Profiling, as well as various worksheets from my evidence-based Mental Skills Training Curriculum. This allows individuals to increase their awareness about their current performance capacity providing them with a clear gauge as they expand their capacity to achieve peak performances.

- Throughout the process, individuals are approached holistically. This approach encourages the understanding of a multifaceted sense of self, including mental, spiritual, physical, social, and emotional well-being (Powell, 2022). After approaching the individual as a person first, I begin establishing a baseline for their Mental Skills Training (MST) and moving through each facet of MST (e.g., imagery, confidence, motivation, goal setting, concentration, relaxation, energization, routines, positive self-talk; Powell, 2022). I also incorporate the processes of cognitive restructuring, where the client learns to question negative thoughts and experiences and not just take them at face value; the hypothesis principle, where the client treats their thoughts as hypotheses to prove and gathers evidence to support or disprove their hypotheses; the ABCs model, helping people to become aware of their beliefs (B) associated with activating (A) events that lead to various consequences (C) (Prochaska & Norcross, 2014), and then helping them dispute (D) any negative beliefs (B) and developing more effective (E) belief (B) patterns that support them and give them more positive consequences (C) regardless of the activating events (A)

(Prochaska & Norcross, 2014; Powell, 2022). These techniques provide the client with processes to develop the skills to learn to observe and respond to their experiences and the environment through choice and agency, versus just reacting to potentially dysfunctional beliefs that may cause them turmoil, providing clients with transferrable skills that can support them at any time (Prochaska & Norcross, 2014; Powell, 2022).

- Individuals are also supported with the principles of positive psychology through various processes of identifying their strengths and greatest competencies. Research suggests that when people optimize their highest strengths and beliefs, they have the potential to achieve their highest potential. I apply mindfulness training techniques, as performance happens in the present-moment and mindfulness practices help individuals to focus on the task at hand, disregard potentially distracting thoughts and feelings, allowing them to remain in the present moment with a nonjudgmental awareness (Cotterill, et al., 2017). All humans have the power to observe their thoughts and experiences as transient phenomena that passes through them with the ability to develop the capacity to choose what thoughts and experiences that they give power to, ultimately becoming unaffected by negative experiences and empowered by positive experiences and their ability to focus effectively on their process to achieve peak performances and overall well-being (Cotterill, et al., 2017)
- Changes to the SPP interventions are made accordingly to best support the individual. A growth mindset is encouraged throughout the process (Powell, 2022). Maintaining a growth mindset allows individuals to understand the value of growth, providing them with the perspective

that to develop new capacities to achieve their fullest potential and performance excellence, they must stretch themselves beyond their current abilities and that often comes with facing unfamiliar realms of potential, often accompanied by inevitable challenges.

- My consulting style operates from the tenets of motivational interviewing; guiding and directing clients while allowing them to take the lead and be the master of their own process, ultimately empowering them with their own intrinsic motivations. I focus on clients' unique strengths and highlight them throughout the process, assisting them in realizing their expanding competence and capacities across various contexts. I highlight and celebrate individuals' greatest attributes that I perceive to be at their core, with my ability to connect and collaborate with people's insights, increasing their self-awareness and supporting them in aligning with their authentic self, ultimately empowering them. I help people to realize the power of being their authentic self, including how that brings them ever closer to self-actualizing and reaching their fullest potential. I also lead by example by modeling authenticity, being genuine and true to who I am; being compassionate and empathetic, with a desire to understand other people's experiences; and sharing examples of how I have incorporated each facet of MST and SPP in my own life, highlighting both challenges and successes.