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# Camille R. Powell

## Professional Summary

Camille Powell, at Realized Potential - Sport and Performance Psychology and Consulting, expands performance capacities and creates performance consistency with diverse and notable athletic experiences to the elite levels of her sport; intuition, high attunement, and discernment; and her professional training and education, ultimately equipping people with an expansive and transferrable skillset, helping people realize their potential and resulting in peak performances and overall well-being across various contexts. Camille's intention as a professional is to continue to grow and develop in her field to best support clients. Camille remains open-minded and maintains her development in culturally relative processes for respective cultures and ensures that she develops the knowledge base to competently support LGBTQ+ populations. Camille utilizes advocacy plans and ethical models, ensuring ethical, inclusive, and safe practices for all individuals.

## Work History

### Self-Employed - Realized Potential-Sport & Performance Psychology

WA/OR/United States

01/2022 - Current

- Mental Skills Training Specialist supporting clients with achieving Performance Excellence and Optimal Performance.
- Applies evidence-based Mental Skills Training techniques to support individuals in achieving their individual zones of optimal functioning to achieve performance excellence.
- Approaches Mental Skills Training with principles of evidence-based Cognitive Behavioral Therapy techniques to assist individuals in developing constructive thought patterns that support performance excellence.
- Applies evidence-based strengths-based approaches to support individuals with operating in their highest realms of potential where they can achieve performance excellence.
- Applies evidence-based Mindfulness practices to assist individuals with developing and maintaining present moment, non-judgmental awareness that supports performance excellence.
- Applies evidence-based positive psychology techniques that support

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📍 Pleasant Hill, OR 97431

## Skills

- Multifaceted Coach
- Mental Skills Training Specialist
- Diplomatic and Professional Communicator
- Attuned and Intuitive Listener
- Self-Reflective and Self-Aware
- Self-Regulated and Composed
- Adaptable and Innovative
- Personable and Willing Collaborator
- Entrepreneurial and Self-motivated
- Determined and Driven
- Focused and Detail-Oriented
- Confident Presenter
- Accomplished Writer
- Punctual and Proficient Planner
- Accomplished Elite Athlete
- First Aid and CPR

## Education

Expected in 07/2024

**University of Western States**

Portland, OR

Doctor of Education: Sport And Performance Psychology

03/2022

**University of Western States**

Portland, OR

Master of Science: Sport And Performance

individuals in developing skills that support their achievement of performance excellence and overall well-being.

- Conducts orientation sessions to assess skill levels and areas of strength and challenge areas
- Evaluates success of training programs and recommended improvements to enhance effectiveness.
- Travels to client locations to conduct training classes.
- Prepares videos for online and remote instruction.
- Creates curricula, instructions, and documents for various types of training courses.
- Informs individuals of the integral role mental skills training plays in achieving performance excellence and over-all well-being.
- All individuals are provided with a clear understanding that mental skills training is most effective, like all skills, when they are applied consistently and systematically with regular application
- Designs and facilitates training courses, aligning new learning development and solutions to organization's strategic goals, mission and vision.
- Utilizes cross-training techniques and interdisciplinary knowledge to boost productivity and develop each team member's individual skills set.
- Assesses skill gaps for individuals and develop training programs to meet identified needs.
- Introduces, develops, and implements mental skills training in individual and group settings, supplemented with one-on-one sessions, ensuring correct and most beneficial application of each facet of mental skills training.
- Individuals are also supported with principles of positive psychology and strength-based approaches, regularly emphasizing, and utilizing their strengths, allowing them to operate in the realms of their highest potential
- Practices are supplemented with principles of mindfulness, helping individuals to establish a non-judgmental, present-moment awareness, so that they are not affected by negative experiences, and can be empowered by their positive experiences, allowing them to step into flow more easily, ultimately achieving performance excellence.
- Athlete/Performer motivation is oriented around the understandings of Self-Determination Theory (SDT), encouraging autonomous-supportive environments that meet each individual's basic psychological needs of autonomy, competence, and relatedness, ultimately supporting intrinsic motivations, allowing them to achieve their highest realms of potential and performance excellence.
- Individuals are approached holistically, understanding and encouraging that they possess and support a multifaceted sense of self, considering mental, spiritual, physical, social, and emotional well-being.
- Collects data on program effectiveness to develop modifications and improvements to curricula.
- Data is recorded before, during, and after sessions.
- Performance assessments are utilized to provide clients clear gauges of

## Psychology

06/2016

### **California Polytechnic State University-San Luis Obispo**

San Luis Obispo, CA

Bachelor of Science: R.P.T.A./Experience  
Industry Management

**Individualized Course of Study:** Sports  
Psychology

06/2010

### **Davis School For Independent Study**

Davis, CA

High School Diploma

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## *Volunteer Experience*

- 1000 plus volunteer hours at California Polytechnic State University, San Luis Obispo, CA on various Soccer and Track and Field Teams, Community Festivals, Campus Clean-ups, Community Projects, and Elementary School Field Trips.
  - 20 years in the United States Pony Club, volunteering as an examiner, judge, scribe, stable manager, and preparing candidates for certifications and competitions.
  - 15 years in the United States Eventing Association volunteering at numerous competitions, including a scribe, jump judge, ring steward, event set-up and clean-up.
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## *Certifications/Awards*

- Safe Sport Certified from U.S. Center for SafeSport - 2019, 2021
- CPR Certified from American Health Care Academy - 2016, 2019
- Certified as a Core-Alignment Coaching Specialist from Emotional Wisdom Training Institute in 2020.
- Certified as an Emotional Wisdom

their progress.

- Changes to Sport and Performance Psychology interventions are made accordingly to best support individuals.
- A growth mindset is encouraged throughout the process.

### **Self-Employed - Professional Coach/Trainer**

Dexter, OR

10/2019 - Current

- Provides individualized coaching and training for a diverse group of athletes, currently specializing in equestrian sports
- Prepares athletes mentally and physically for their desired sport, holding them accountable for a positive and constructive mindset in training and competitions with applied experience and sports psychology practices
- Develops specific training programs for individuals based on their current level and goals
- Supports clients through any challenges, by offering calming guidance, perspective, and effective practices to assist clients in developing and maintaining a positive mindset
- Coaches athletes to many notable competitions, winning countless awards and championships, with effective mental and coaching practices
- Maintains a record for having clients consistently finish in 1st place and 2nd place, otherwise in the top five, at all competitions through effective training methods and incorporating individualized sports psychology practices
- Schedules a variety of clinics for professionals to offer specialized training for coaches
- Collaborates with other professional trainers in clinics and other scheduled events to add to the success of the clients
- Participates in personal training and coaching sessions to continuously add to current skillsets in order to offer the best services for clients
- Trains horses, from the basics to the elite levels in equestrian sports
- Engages athletes in discussions on strategy, mental preparedness, visualization and performance.
- Establishes clear benchmarks for performance and monitors individual and team progress
- Manages the financial budget for sustaining the business.

### **Newport Mesa Riding Center/Sabo Eventing - Assistant Coach/Trainer**

Costa Mesa, CA

04/2019 - 08/2019

- Recruited to compliment the existing program due to notable experience and specific skill set
- Responsible for supporting the program growth and developing riders
- Collaborated with other trainers and professionals to develop the best methods for working with variety of clients
- Worked with numerous clients through challenging experiences, supporting them with effective sports psychology practices and applied experience

Training Specialist Emotional Wisdom Training Institute in 2020.

- Certified as a Core-Alignment Coach from the Emotional Wisdom Training Institute in 2020.
- Traditional "A" Certification in the United States Pony Club in 2016.
- "H-A" Certification in the United States Pony Club, in 2016.
- "B" Certification in the United States Pony Club, in 2010.
- "Student of the Month" at Davis Senior High School, in Davis, CA, in 2010 for outstanding academic achievements while training diligently in athletics for Olympic Endeavors.
- Outstanding Ownership Award in the Future Farmers of America in 2010.
- "H-B" Certification in the United States Pony Club, 2009.
- "C-3" Certification in the United States Pony Club, in 2007.
- "C-2" Certification in the United States Pony Club, in 2005.
- "C-1" Certification in the United States Pony Club, in 2003.
- "D-3" Certification in the United States Pony Club, in 2000.
- "D-2" Certification in the United States Pony Club, in 2000.
- "D-1" Certification in the United States Pony Club, in 1999.

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### ***Affiliations***

California Polytechnic State University,  
San Luis Obispo, CA  
University of Western States, Portland, OR  
Emotional Wisdom Training Institute  
(EWTI)  
United States Eventing Association  
(USEA)  
United States Equestrian Federation  
(USEF)  
United States Dressage Federation (USDF)  
United States Pony Club (USPC)

- Managed the schedule for rigorous 7 Day/Week training and lesson program operation
- Worked 7 Days/Week, teaching and training clients from the beginner levels to the upper levels
- Regularly participated in training sessions to continue to develop professional skillset with Brian and Lisa Sabo
- Participated in various clinics and competitions to improve experience and performance
- Offered the opportunity to take over this world class program, Newport Mesa Riding Center, that was developed by two of the most renowned individuals in the equestrian sport of Three-Day Eventing, Brian and Lisa Sabo

### **Self-Employed - Professional Coach/Trainer**

Gig Harbor, WA

10/2017 - 03/2019

- Established the business Camille Powell Eventing
- Developed a clientele of over 20 individuals
- Trained equestrians in the Sport of Three-Day Eventing
- Developed riders from the beginner levels to the upper levels
- Managed full-time schedule of 20 plus clients
- Scheduled monthly clinics with other professionals for clients to participate in supplemental training
- Collaborated with other professionals to incorporate the best methods for developing horses and riders in the challenging sport of three-day eventing
- Trained 10 plus horses/day, each with individualized approaches, taking into account the different mentalities, strengths and weaknesses
- Worked successfully with a variety of 20 plus clients with individual goals, needs and mentalities, developing each of them into accomplished, confident, aspiring professionals
- Recognized for assisting clients in developing a more positive, constructive mindset that supported them in accomplishing all their endeavors
- Acknowledged for being able to work effectively with individuals who were considered challenging to work with due to their unique learning style
- Renowned for being able to train and sell horses that were considered more difficult by developing a trust and understanding in the horses through tactful, effective training, as well as patience and composure, that allowed the horses to willingly allow multiple people to ride them and effectively find new homes
- Coached riders to successfully compete in the sport of eventing, finishing in the top 5 consistently
- Polished riders' horse management knowledge as well as riding ability to perform and achieve desired certification levels in the United States Pony Club
- Engaged athletes in discussions on strategy, mental preparedness, visualization and performance.
- Managed the financial budget for sustaining the business.

## Capstone Farm - Assistant Coach/Trainer

Davis, CA

06/2014 - 10/2017

- Assisted owner in training equestrians in the Sport of Three-Day Eventing
  - Managed a large clientele of diverse individuals
  - Assisted in designing the program schedule
  - Responsible for coaching and training riders from the beginners to the upper levels
  - Advised on discipline, performance, and other decision-making areas
  - Polished riders' horse management knowledge as well as riding ability to perform and achieve desired certification levels in the United States Pony Club
  - Directed ambitious practice sessions to boost athletic abilities and teamwork
  - Prepared athletes for competitions and certifications.
  - Implemented exercise programs and training strategies, which bolstered individual and team performance.
  - Engaged athletes in discussions on strategy, mental preparedness, visualization and performance.
  - Maintained a record for high performance, supporting riders/competitors in finishing consistently in 1st and 2nd place at notable competitions and championships.
  - Developed 20 plus horses from the ground to the elite levels in the sport of Three-Day Eventing.
  - Created strategies for supporting a variety of individuals with different learning styles and athletic ability.
  - Assisted in accounting for the business budget.
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## *Accomplishments*

- Maintains a 4.0 in the Doctor of Education - Sport and Performance Psychology Program at University of Western States.
- Accepted into the Doctor of Education - Sport and Performance Psychology Program at University of Western States - April 2022.
- Created approved, evidence-based Mental Skills Training Curriculum to effectively support individual's in achieving performance excellence and overall well-being in sport, performance, and life.
- Conducted Mental Skills Training with Athletes and Performers earning them Wins at Regional and National Championships.
- Selected by Dr. Walter McCutcheon to join his research team in Spring 2021 due to the exemplary work submitted in the course COUN 6230/7445 Psych Prep & Mental Skills Training at at University of Western States.
- Maintained a 4.0 in the Masters of Science in Sport and Performance Psychology program at University of Western States.
- Consistently completes course work with 100% scores at University of

Western States.

- Bachelor's of Science with a concentration oriented in Sports Psychology from California Polytechnic State University, San Luis Obispo, in 2016.
- Established the Individualized Course of Study: Sport Psychology oriented with the guidance from academic adviser, Dr. Brian Greenwood, at California Polytechnic State University, San Luis Obispo when at the time the Major and concentration did not exist, in 2011.
- Received accolades from Professor Nolan in COMS 124-Argumentative Rhetoric and Writing for being the only student to acquire an "A," in the whole class of 40 students, on the Final Term Paper, for outstanding writing and exceptional, creative application of the term concepts in 2011.
- Produced exemplary work while in attendance at California Polytechnic State University, San Luis Obispo, in RPTA 370: A Experiential Marketing Plan that was utilized as an example for classmates to reference due to being considered exceptional by Professors, such as Dr. Sturm, in 2014.
- Esteemed member of an elite group, constituting less than 1% of the equestrian population, as a Traditional "A" Graduate in the international organization the United States Pony Club, which is the equivalent of a Ph.D.
- Exceeded Standards at the Highest level, the Traditional "A" in the United States Pony Club, a feat described as unachievable by National Examiners.
- Performed with such notable distinction and professionalism that national examiners of 30 plus years of experience wrote on the United States Pony Club Traditional "A" certification test sheet, "Camille, if it were possible to peg someone "ideal representative" for the United States Pony Club my vote would be for you."
- Produced a scientifically researched base conditioning manual, essay, and schedule for horses that was of such high quality at the H-A National certification level in the United States Pony Club that it exceeded the standards, which is considered unattainable at the H-A level, and is now used as a reference for following candidates to base their work, in 2017.
- Established own successful business, Camille Powell Eventing, with skillsets and experience from competently training and assistant managing at Capstone Farm, in 2017.
- Recruited by two of the highest esteemed individuals in the Sport of Three-Day Eventing, as assistant trainer to compliment their training, at Newport Mesa Riding Center/Sabo Eventing, with the opportunity to take over their world class program, in 2019.
- Earned the opportunity to personally train with Three-Day Eventing Olympic Coach, David O'Connor, in 2016.
- Won first place with an unparalleled score of 13.1, by 12 points, in Three-Day Eventing, a sport generally marked by only a few point differences, at the Twin Rivers International Horse Trials, in 2011, against notable competition, such as the 2008 Olympic Silver Medalist in Three-Day Eventing.

- Won High Point Awards in the United States Equestrian Federation throughout competitive career.
- Won High Point Awards in the United States Dressage Federation throughout competitive career.
- Won High Point Awards in the United States Eventing Association throughout competitive career.
- Worked with over a 100 diverse clients, assisting them excel in sports and competition, with experience in coaching on soccer and Track and Field teams, specializing in the sport of Three-Day Eventing.
- Has been acknowledged for being able to address any physical or mental challenges athletes experience, by implementing effective applied sport psychology practices appropriate for each individual to continue desired progression.
- Has received accolades from both professionals and clients for having the ability to recognize what each client needs to support skill develop with such attunement that clients progress at an astounding rate while always maintaining a sense of confidence and remaining within their comfort zone.
- Coached riders in competitions to consistently finish in 1st and 2nd place.
- Trained with over 50 horses from the ground to the elite levels in Three-Day Eventing.
- Certified as a Core-Alignment Coach from the Emotional Wisdom Training Institute, April 2020.
- Certified as a Core-Alignment Coaching Specialist from Emotional Wisdom Training Institute, September 2020, after 100 mentorship hours.
- Certified as an Emotional Wisdom Training Specialist December 2020, after 150 mentorship hours.