

Camille Powell

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Profile

I am a sport and performance psychology consultant who specializes in expanding performance capacities and creating performance consistency for individuals and teams, equipping them with an expansive and transferrable skillset, resulting peak performances and overall well-being across various contexts.

Education

University of Western States, Portland, OR

Doctor of Education, Sport and Performance Psychology (EdD-SPP), Expected 2024

University of Western States, Portland, OR

Master of Science, Sport and Performance Psychology (MS-SPP), 2022

California Polytechnic State University (Cal Poly), San Luis Obispo, CA

Bachelor of Science, Experience Industry Management - Sport Psychology, 2016

Business/Work Experience

Realized Potential – Sport & Performance Training & Coaching Gig Harbor, WA – 07/20/2020 – *current*

- Re-established training business for equestrian sports with large clientele
- Expanded after completing MS-SPP in 2022 to incorporate mental skills training and positive psychology to expand performance capacities and create performance consistency in individuals and teams to achieve optimal performance outcomes for athletes.

Newport Mesa Riding Center/Sabo Eventing - Assistant Coach/Trainer Costa Mesa, CA - 04/2019 - 08/2019

- Recruited for notable experience and specific skill set
- Responsible for supporting the program growth, training clients from the beginner levels to the upper levels
- Managed the schedule for rigorous full time training program operation of 300 plus members
- Offered the opportunity to take over this world class program, which was developed by two of the most renowned individuals in the equestrian sport of Three-Day Eventing, Brian and Lisa Sabo.

Camille Powell Eventing – Owner/Manager - 10/2017-03/2019

- Established sustainable equestrian & equine training business in the Sport of Three-Day Eventing, training clients to finish consistently in the top five at every competition, before being recruited to take over the Newport Mesa Riding Center/Sabo Eventing in Costa Mesa, CA.
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Skills

Multifaceted coach, Mental Skills Training Specialist, Diplomatic Communicator, Attuned and Intuitive Listener, Self-Aware, Confident Presenter, Adaptable and Innovative Mindset, Multiculturally Competent Practitioner, Personable and Willing Collaborator, Entrepreneurial and Self-Motivated, Highly Driven and Determined, Focused and Detail-Oriented, Accomplished Writer and Published Editor.

Membership/Volunteering

Association for Applied Sport Psychology – 2021 – Current

United States Eventing Association (USEA) – 2002 – Current

United States Pony Club (USPC) – 1998 – Current

Cal Poly - 1,000 plus hours volunteering in community, university, and sport settings (e.g., track & field, soccer, basketball)

United States Equestrian Federation (USEF) – 2004 – Current

Emotional Wisdom Training Institute (EWTI) – 2019 – Current

Certifications/Awards

- **SafeSport Certified** through **United States Center for SafeSport** – 2020 - Current
 - **Core-Alignment Coaching (CAC) Specialist, EWT Specialist, CAC** from EWTI in 2020, 150 mentorship hours.
 - **“A” Certification** and **“H-A” Certification** from the USPC - 2016,
 - **“B” Certification** in the USPC in 2010, **Certified “Student of the Month”** at Davis Senior High School, in Davis, CA, in 2010 for outstanding academic achievements while training diligently for Olympic Endeavors, **Outstanding Ownership Award** in the Future Farmers of America - 2010,
 - **D-1” Certification through “H-B” Certification** in the USPC - 2001 to 2009,
 - **Won High Point Awards** in the USEF, United States Dressage Federation, and USEA throughout career.
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References are available on request. Notable accomplishments are on the following page.

Accomplishments

- **Assisted over 100 diverse clients** with excelling in sports and competition in a variety of contexts.
- **Coached athletes 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.**
- **Sustained a winning record and remained a top finisher in Eventing for 15 years.**
- **Maintained a 4.0** in the MS-SPP and the EdD-SPP program at University of Western States remaining on the Dean's List (2020-2023).
- **Selected by Dr. Walter McCutcheon** in 2021 at UWS to join his research team for exemplary abilities to write and integrate information.
- **Developed an approved, evidenced-based Mental Skills Training Curriculum** in 2021.
- **Published Editor** for Choice Magazine 2021.
- **Conducted Mental Skills Training with Athletes and Performers earning them Wins** at Regional and National Championships (2021-2023).
- **Selected to take over a world class program in 2019, Newport Mesa Riding Center/Sabo Eventing** by Brian and Lisa Sabo.
- **Exceeded the Standards** with unparalleled performance at "A"- Certification.
- **Voted as "Ideal USPC Representative," for the National Sector of the International Organization,** by Sarah Morgan, veteran examiner of USPC for over 40 years in 2016.
- **Exceeded the Standards at the "H-A" with an evidence-based conditioning manual and schedule for horses in 2017** that it is now used as a reference across the United States and internationally for following candidates to base their work.
- **Won with an unparalleled score of 13.1, 12 points beyond the competition for outstanding performance,** also beating the **2008 Olympic Silver Medalist** in Three-Day Eventing in 2011.
- **Selected to train with the United States Olympic, Eventing Coach, David O'Connor in 2016.**
- **Esteemed member of the highest ranks in equestrian sports as an "A" – Graduate of the USPC,** constituting less than 1% of the equestrian population earned in 2016.
- **Produced exemplary work while in attendance at Cal Poly** in RPTA 370: Experiential Marketing Plan that is now utilized as an example for students to reference and base the quality of work, by Professor Dr. Sturm, in 2014.
- **Earned the only "A" in a class of 40 students, on the Final Term Paper,** in COMS 124-Argumentative Rhetoric and Writing, for outstanding writing and exceptional, creative application of the term concepts in 2011.
- **Established the Individualized Course of Study: Sport Psychology Oriented** at Cal Poly in 2011.