

**Mental Performance Consultant (5173U), Intercollegiate  
Athletics - 56957**  
**University of California, Berkeley**

Direct Link: <https://www.AcademicKeys.com/r?job=218923>

Downloaded On: May. 9, 2024 3:23pm

Posted Aug. 1, 2023, set to expire Jun. 30, 2024

<b>Job Title</b>	Mental Performance Consultant (5173U), Intercollegiate Athletics - 56957
<b>Department</b>	Intercollegiate Athletics
<b>Institution</b>	University of California, Berkeley Berkeley, California
<b>Date Posted</b>	Aug. 1, 2023
<b>Application Deadline</b>	Open until filled
<b>Position Start Date</b>	Available immediately
<b>Job Categories</b>	Professional Staff
<b>Academic Field(s)</b>	Athletics and Recreation Services
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**Job Description**

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**About Berkeley**

At the University of California, Berkeley, we are committed to creating a community that fosters equity of experience and opportunity, and ensures that students, faculty, and staff of all backgrounds feel safe, welcome and included. Our culture of openness, freedom and belonging make it a special place for students, faculty and staff.

The University of California, Berkeley, is one of the world's leading institutions of higher education, distinguished by its combination of internationally recognized academic and research excellence; the

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transformative opportunity it provides to a large and diverse student body; its public mission and commitment to equity and social justice; and its roots in the California experience, animated by such values as innovation, questioning the status quo, and respect for the environment and nature. Since its founding in 1868, Berkeley has fueled a perpetual renaissance, generating unparalleled intellectual, economic and social value in California, the United States and the world.

We are looking for equity-minded applicants who represent the full diversity of California and who demonstrate a sensitivity to and understanding of the diverse academic, socioeconomic, cultural, disability, gender identity, sexual orientation, and ethnic backgrounds present in our community. When you join the team at Berkeley, you can expect to be part of an inclusive, innovative and equity-focused community that approaches higher education as a matter of social justice that requires broad collaboration among faculty, staff, students and community partners. In deciding whether to apply for a position at Berkeley, you are strongly encouraged to consider whether your values align with our [Guiding Values and Principles](#), our [Principles of Community](#), and our [Strategic Plan](#).

At UC Berkeley, we believe that learning is a fundamental part of working, and our goal is for everyone on the Berkeley campus to feel supported and equipped to realize their full potential. We actively support this by providing all of our staff employees with at least 80 hours (10 days) of paid time per year to engage in professional development activities. To find out more about how you can grow your career at UC Berkeley, visit [grow.berkeley.edu](https://grow.berkeley.edu).

## **Departmental Overview**

The Department of Intercollegiate Athletics consists of more than 300 staff members and coaches and sponsors 30 varsity sports programs. These 30 programs include more than 900 student-athletes who participate in various sponsored programs within the National Collegiate Athletics Association (NCAA). We are currently seeking a full-time Mental Performance Consultant who will work within the department's Cameron Institute for Student-Athlete Development. The position will report to the Director, Mental Performance & Leadership Development. We are searching for a professional who is currently a Certified Mental Performance Consultant through the Association for Applied Sport Psychology (or has completed all coursework and mentored experience requirements).

The Mental Performance Consultant will provide comprehensive mental performance consultation services to optimize mindset, performance, and sport involvement of student-athletes and coaches. This position will encompass a caseload model of teams, offering one-on-one sessions for student-athletes, mental training programs for teams, and consultation for coaches. The focus of sessions includes mental performance optimization and support for sport well-being, such as confidence,

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resilience, attentional focus, emotion regulation, motivation, sport enjoyment, team culture, and leadership. This position does not provide mental health counseling or clinical diagnosis and is charged with referring potential mental health concerns to the University Health Services Tang Center and appropriate clinicians.

### **Application Review Date**

The First Review Date for this job is: August 11, 2023

### **Responsibilities**

- Provide individual mental performance consultation to student-athletes.
- Provide mental training programs through team workshops tailored to the unique needs of each assigned team.
- Provide consultation and mental skills instruction to coaches to enhance coaching effectiveness, utilizing a train-the-trainer approach.
- Ensure early identification of potential mental health concerns that should be referred to our psychologists and social workers to ensure holistic student-athlete care.
- Attend practices and games, and provide observation, feedback, and provision of mental performance services to assist athletes and coaches in overcoming barriers to optimal performance.
- Collaborate with colleagues within the Mental Performance & Leadership Development pillar to promote the optimal environment for performance excellence using best practices and evidence-based strategies, and peer consultation.
- Conduct multi-method assessment to identify needs, areas for improvement, and presenting concerns.
- Evaluate the effectiveness of mental performance services provided.
- Meet with each head coach of assigned teams bi-annually to review overall strategic progress, identify goals, and establish upcoming mental performance consultation services at the team, student-athlete, and coach levels.
- Meet with prospective student-athletes during campus visits.

### **Required Qualifications**

- Knowledgeable about performance psychology theories and frameworks and their application to practice.
- Advanced knowledge of consulting and counseling skills.

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- Experience providing brief and long-term individual mental performance consultation with athletes.
- Experience developing, implementing, and evaluating comprehensive mental training programs for teams.
- Experience providing mental performance services to diverse populations.
- Understanding about the mental factors most associated with different types of sports.
- Proven track record in maintaining effective relationships with athletes, coaches, and support staff.
- Multiple years' post-graduate experience working as a mental performance consultant with elite athletes (e.g., collegiate, semi-professional, or professional).
- Experienced and skilled in consulting and collaborating with mental health professionals, athletic trainers, physicians, dietitians, coaches, strength and conditioning professionals, and other athletics staff.
- Committed to providing culturally appropriate and responsive services to clients with historically marginalized and oppressed identities related to race, ethnicity, gender, sexual orientation, nationality, ability, and socioeconomic status.
- Demonstrates a sophisticated multicultural understanding (e.g. race, ethnicity, socioeconomic status, national origin) of self in the context of others (e.g., biases, EQ).
- Demonstrate knowledge and understanding of ethical issues in mental performance consultation, and adhere to the Association for Applied Sport Psychology (AASP) code of ethics.
- Excellent ability to communicate effectively with different diverse groups and personnel.
- Skilled in needs assessment and establishment of agreed outcomes with clients.
- Ability to work collaboratively to support other members of the Cameron Institute in general and the Mental Performance and Leadership Development pillar in particular.
- Position requires exceptional political sensitivity, interpersonal skills, and the ability to work effectively across and outside the organization at all levels in a collaborative manner.
- Committed to continued personal and professional development.
- Knowledge of and/or ability to learn NCAA rules.

Education/Training:

- Doctoral or Master's Degree in Sport Psychology or related field (e.g., related to mental performance) and/or equivalent experience/training.
- Certified Mental Performance Consultant (CMPC) through the Association for Applied Sport Psychology (AASP) (or has completed all coursework and mentored experience requirements).
- 3+ years of experience in Sport and Performance Psychology.

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### **Preferred Qualifications**

- Post-graduate experience working full-time as a mental performance consultant.
- Previous experience at a Division I Power 5 Conference institution.
- Experience working with college student-athletes.
- Experience providing mental performance services with athletes and coaches across different types of sports.
- Experience providing coach consultation services.
- Knowledgeable about assessment methods for team selection.
- Ability to develop, implement, and evaluate life skills and transitional services and programming supporting the entry to college and the transition to life after Cal Athletics.
- Knowledgeable about mental health and developmental issues of student-athletes at a highly competitive university.

### **Salary & Benefits**

For information on the comprehensive benefits package offered by the University, please visit the University of California's [Compensation & Benefits](#) website.

Under California law, the University of California, Berkeley is required to provide a reasonable estimate of the compensation range for this role and should not offer a salary outside of the range posted in this job announcement. This range takes into account the wide range of factors that are considered in making compensation decisions including but not limited to experience, skills, knowledge, abilities, education, licensure and certifications, analysis of internal equity, and other business and organizational needs. It is not typical for an individual to be offered a salary at or near the top of the range for a position. Salary offers are determined based on final candidate qualifications and experience.

The budgeted salary or hourly range that the University reasonably expects to pay for this position is \$80,000.00 - \$120,000.00.

- This is a 100% full-time (40 hours per week), career position that is eligible for full UC benefits.
- This position is exempt and paid monthly.

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### **How to Apply**

To apply, please submit your resume and cover letter.

### **Driving Required**

A valid driver's license and DMV check for driving record is required.

### **Conviction History Background**

This is a designated position requiring fingerprinting and a background check due to the nature of the job responsibilities. Berkeley does hire people with conviction histories and reviews information received in the context of the job responsibilities. The University reserves the right to make employment contingent upon successful completion of the background check.

### **Mandated Reporter**

This position has been identified as a Mandated Reporter required to report the observed or suspected abuse or neglect of children, dependent adults, or elders to designated law enforcement or social service agencies. We reserve the right to make employment contingent upon completion of signed statements acknowledging the responsibilities of a Mandated Reporter.

### **Equal Employment Opportunity**

The University of California is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, disability, or protected veteran status. For more information about your rights as an applicant, please see [the U.S. Equal Employment Opportunity Commission](#) poster.

For the complete University of California nondiscrimination and affirmative action policy, please see the University of California [Discrimination, Harassment, and Affirmative Action in the Workplace](#) policy.

### **To apply, visit**

[https://careerspub.universityofcalifornia.edu/psp/ucb/EMPLOYEE/HRMS/c/HRS\\_HRAM.HRS\\_APP\\_SCH](https://careerspub.universityofcalifornia.edu/psp/ucb/EMPLOYEE/HRMS/c/HRS_HRAM.HRS_APP_SCH)

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**Contact Information**

Please reference Academickeys in your cover letter when  
applying for or inquiring about this job announcement.

**Contact**

N/A

University of California, Berkeley

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