**Artifact Review and Analysis**

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Sport and Performance Psychology: University of Western States

SPP6570: Capstone

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**Artifact*:*** Develop culturally responsive consulting strategies based upon the relationships, issues, and trends within a multicultural society.

**Artifact Description:** Purpose is to research a sport of choice and invest time to understanding how the society plays a role in the athletes, gender role, perspectives of each athlete and how they came up to be an athlete. Start to put approaches and techniques to use to improve the physical and mental wellness of the athletes.

**Artifact Objectives:** Gain knowledge from multicultural athletes through cultural weaknesses and strengths, the impact from families and lack of socioeconomic status, implementing mental skill techniques.

Each of these artifacts has contributed to my ability to enhance performance and improve overall wellness because it has guided me to take in different perspectives and take in research from a sport and indulge myself where I’m able to learn how to approach a society. The problems that I have when creating this performance enhancement interventions are that I didn’t know how to assist or help an athlete cope with burnout.

I’m understanding the benefits of other theories such as structural theories and how it plays a role in society of sport. According to Coakley (2021) describes as access to power, authority, status, resources, and economic opportunities. My contribution to these artifacts has made me realize that based on the demographic on earth, many athletes tend to limit and held back from reaching their true potential.

When considering pay gaps between male and females research has supported that with power being considered a ruling class describes contemporary societies maintain their power to an extent where they can develop creative ways to convince most people that their society is fair. To get a sense of a sport or athletes who play a sport and what drives them, doing research regarding the sport and how they physical and mentally train.

The potential impact of my artifacts has allowed me to develop my TOPE. With learning through multicultural, individual sports, and the society we live in, often I found that a lot of athletes struggle with fear. With fear I’ve started to look more into acceptance commitment training. There are currently no challenges with ACT but being able to use it when it’s acceptable based on the situation. Athletes tend to have difficulty with fear of losing, fear of lack of performance, fear of pressure, and fear of stressful situations which may impact their own performance. I was able to leverage my strengths by using ACT towards tennis athletes of different multicultural background with a generation that simply lacks mental resilience. Speaking with my mentor provided me to combine ACT and cognitive behavioral training to get the most potential and support for the athlete.

To improve my artifacts in the future, applying ACT and CBT through strictly individual sports, strictly team sports, gaining knowledge in areas that have poor social economic status will ultimately allow myself to pursue more research whether poor SES works better with ACT and CBT compared to a middle-class athlete. This will improve my academic and professional goals.

Throughout the program especially in mentorship course, I was able to apply what I call “training” than “therapy” to use with tennis athletes. First-hand experience with tennis athletes that displayed pressure, negative self-talk, crying, frustration and it was mostly related to losing and being inconsistent. There were no ethical considerations as I allowed the athlete to be the driving factor in the conversation while I worked to reframe thought processes and understanding what patterns to accept.

Feedback that I received from my professors mainly were structural where some areas required authors to be integrated, having the strength to research a team and breakdown the components where it has affected overall wellness to the team, community, society, and powerful stakeholders.

Creating this artifact, the values that I’ve received is the ability to put ACT and CBT in my own consultation styles. There is a great deal of positivity and achievement when listening to the athlete and understanding their background based on their demographics of living. It’s not a one size fits all method, I must adjust, be flexible and adapt to the current situation. I cannot think ahead in the future rather staying in the present moment when considering best consultation approach and styles.

References

Coakley, J. J. (2021). *Sports in society: Issues and controversies*. McGraw-Hill LLC.