

## **Professional Development Plan**

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COUN6101: Ethics and Professional Identity - Section 3

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December 9, 2022

There are various aspects of my career that I need clarification on. In the following year, I will take time to research some of my options and try out some possibilities. There are a few attractive alternatives, but I am flexible and open to new ideas. This assignment is a great reminder to network, gather information, write down thoughts and work out some options to help me build a career.

### **Practice Plan**

After my 5th semester in the Fall of 2024, I plan to find an opportunity to work with a consulting company or sport organization. I also intend to do some research in a corporation like Intel or Nike. I want to earn an additional certification in organizational development. It is a domain that has captured my interest for a long time. I want to collaborate with consultants and business coaches. Having experience as a corporate trainer, I am familiar with the business setting and enjoy the high-pressure corporate environment with the critical dynamics between individual and team performances. I want to work for high-level managers and executives to help them build, manage and motivate exceptional teams.

At first, it might be challenging to find a job as I had never held a position in America, and all my work experience was gained in Europe. I am also over 50, which may be a disadvantage as I search for a job. There is a good chance that I will work for younger people, and I will have to find a way to build excellent working relationships with them. However, in consulting, age and life experience are advantages. My international career as an athlete and my life experience living in multiple countries on three continents give me a unique, broad cultural outlook that can benefit multinational teams and organizations. Finding a job that fits me may take even a year. By the time I receive my degree and my CMPC certification, I will have more experience. I also want to work for young athletes as an independent consultant.

## **Supervision Requirements**

For the CMPC certification, applicants are required to complete 400 hours of mentored experience, with 200 hours in direct client contact. A minimum of 200 hours must be spent with competitive sport populations, and a minimum of 50 hours in direct mentorship. Mentorship is also a requirement for the MS in SPP degree and will be completed before graduation.

I will find a mentor through UWS and complete the mentorship requirements during my studies at the university. I plan to work with a mentor for a whole semester but also consider continuing the mentoring relationship for the first year of my employment.

My self-care strategies include contemplative practices, meditation, journaling, sports, and art. I plan to inform my supervisor about my practices and build life-long habits of self-care.

After graduating from UWS with an MS in Sport and Performance Psychology, I will pursue the Certified Mental Performance Consultant (CMPC) certification from the Association of Applied Sport Psychology (AASP).

## **Local, State, and National Association Memberships**

Credibility is more and more essential for an ASP consultant. For many jobs, it is a requirement. Someone may be able to start a private business without a master's degree in the field but may have difficulty finding clients without proper credentials or very good referrals. The CMPC certification costs 375 \$. This certification is recognized in the US and also internationally. It is a requirement for some positions I have found online. I believe the CMPC title helps to find a position, but the real benefit is the knowledge, experience, and network I build during my studies at UWS. To receive the certificate, I will have to fill out an application form with all the required courses I completed and my mentorship experience.

## **Continuing Education**

Every five years, there is a recertification of the CMPCs that require a certain number of CEUs. The requirement for CEUs change every year. I plan to the recertification every five years. I am planning to become a member of the AASP next year, and I will have their annual conferences that will cover my CEU requirements. Being up to date in sport psychology research is essential for keeping my knowledge fresh; I read scientific publications regularly, and the most important journals are the Journal of Applied Sport Psychology and the Journal of Exercise and Sport Psychology.

### **Specialty Training**

I received specialty training in Cognitive Behavioral Coaching (Middlesex University, London), and I am. Master practitioner in Neurolinguistic Programming (NLP). In the near future, I do not plan on acquiring specialty training in the near future. My knowledge of NLP and CBT gives me an edge that will make me very effective in my work. I plan on using HIPAA-compliant Telehealth options. I believe these technologies will be indispensable in the future. Business people and athletes with busy traveling schedules can benefit from these services. In my view, the combination of face-to-face and telehealth options is ideal for these populations.

### **Career Development**

A moral and ethical practice is the foundation of success in the field. Honesty, authenticity, and excellence are also critical, in my opinion. Excellence means that in every project and every situation, I do my best to support my clients; use all possible resources, research results, supervision, and peer support to provide world-class services. Honesty and authenticity are the results of a professional being open about my work, my limitations, or, eventually, my mistakes at all times. I must be competent, but I don't have to be always right.

This work is challenging; it requires humility with a mindset to learn from my mistakes, clients, and colleagues at all times.

I will do leadership coaching and training for business leaders and sport coaches. Having a high and steady income with this job is difficult unless a company employs me. Even if I succeed in finding a job, I will continue coaching and consulting with my private company. I will become a member of the ICF (International Coach Federation) and the AASP, attend their conferences, read their journals, and connect with colleagues seeking peer support and collaboration.

Professional development comes from regularly consulting the scientific journals of the field and networking with experienced professionals. A lot of information and knowledge is exchanged through informal conversations between consultants. I cultivate my relationships with people in the field and value the idea of exchanging thoughts and ideas with each other. Career development will be a part of my weekly routine because I intend to offer cutting-edge services. Keeping up with the development of the field is a must for those who want to serve high achievers.

Advocacy is an essential part of my work, as I am responsible for using my knowledge in the best possible way to enrich and improve the lives of others.

I want to work with teams and on teams. Asking for honest feedback from my colleagues can help as a good way of self-evaluation. I also ask my clients and may develop a questionnaire that helps them reflect on our work and its results.