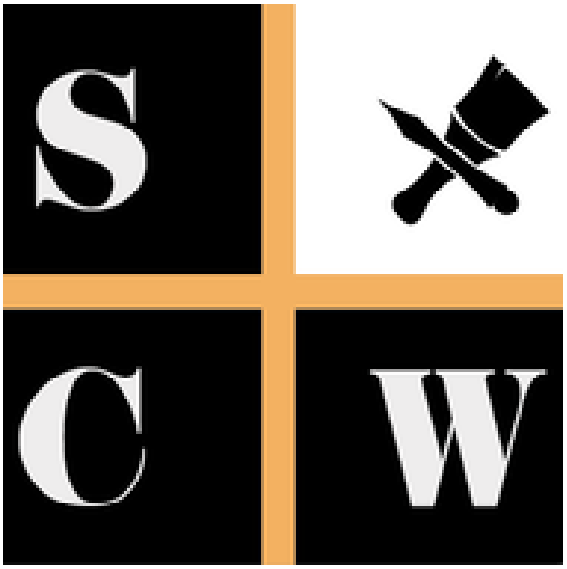


DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Alejandro Reyes

Session & Time: Oral_VII / 6:40 to 7:00pm

Room: Guzman 104

Discipline: Applied Sport and Performance Psychology

Faculty Mentor: Tanner Biwer

ZOOM link:
https://us04web.zoom.us/j/71090937040?pwd=ZFaibWRoad9QwjPcu9qzuUaKCXG6ym.1
ZOOM Passcode: DUC

Digital Portfolio URL:
https://sites.google.com/students.dominican.edu/alejandro-reyes/about-me

Title: The Philosophy of Practice of Alejandro Reyes

Abstract:

This philosophy of practice outlines a comprehensive framework for mental performance consulting, emphasizing growth, resilience, and excellence. Rooted in a process-oriented approach, my philosophy prioritizes continuous development over fixed states of achievement. It encourages athletes and performers to embrace challenges, persist through adversity, and cultivate a mindset that transcends sport into broader life applications.

At the core of this philosophy are four guiding values: excellence, integrity, courage, and love. These principles shape the approach of the practice to foster mental strength, self-awareness, and personal development. Excellence is pursued not as perfection but as a commitment to improvement. Integrity ensures authenticity and ethical practice, while courage and love guide a fostering trust, motivation, and holistic well-being.

Key mental skills foundational to my practice include mindfulness, motivation, and imagery. Mindfulness, incorporating self-talk, non-judgment, and present-moment awareness, empowers clients to regulate emotions and maintain focus. Motivation strategies center on goal-setting and fostering a growth mindset, helping individuals remain driven and adaptable. Imagery techniques are leveraged to enhance skill acquisition, correct mistakes, develop competition strategies, and aid in injury recovery.

My philosophy of practice emphasizes empowering clients to mobilize their skills and resources to navigate challenges. Additionally, it adopts an existential perspective on personal accountability, encouraging individuals to focus on the aspects of their experiences within their control. Ultimately, this philosophy is a commitment to helping clients build the mental fortitude necessary for sustained performance and personal growth. By fostering self-awareness, resilience, and a purpose-driven mindset, the consultant aims to support athletes and performers in reaching their highest potential—not just in sport, but in life.