

Presenter: Logan Myers

Session & Time: Oral VI

Room/Time: GUZ 201 / 4:00-4:20

Discipline: Applied Sport and Performance Psychology

Faculty Mentor: Tanner Biwer

Digital Portfolio URL:

Title: Logan Myers: Philosophy of Practice

Abstract:

My name is Logan Myers, Iâ€™m an elite performance athlete who faced the burdens of worry, anxiety, constant ebbs and flows, and burnout. My experiences, both good and bad, led me down a path of self-actualization, humility, and empathy. My role is to equip my athletes with tools to enhance performance and well-being.

My consulting philosophy centers on Adaptive Competence, an integrated framework that bridges the gap between high-performance execution and the complexities of the human experience. Rooted in an athlete-centered humanistic paradigm, I approach every client with unconditional positive regard, fostering the psychological safety necessary for elite performers to take necessary risks.

While traditional models (Like Pure Performance by Metzler) often view athlete shortcomings and emotions as noise that pollutes performance, my Adaptive Competence Model posits that Performance = Skill X Willingness. Rather than striving for a "clear mechanism," I utilize Acceptance and Commitment Therapy (ACT) and Mindfulness to build psychological flexibility. This allows athletes to acknowledge internal "weather" such as fear or frustration without letting it dictate their actions. The flexible nature of my approach offers empathy to human experiences while treating errors as information to learn from.

Driven by Self-Determination Theory (SDT), I prioritize Autonomy by helping athletes define self-endorsed reasons for their "willingness" to suffer through the rigors of elite training. By replacing vague "inspiration" with value-based action, motivation remains "warm" and personal. My interventions are evidence-based and technical, utilizing PETTLEP imagery, Goal-Directed self-talk, and Individualized Zones of Optimal Functioning (IZOF) (amongst many others). My consulting creates a space that is both compassionate and demanding, validating the athleteâ€™s emotional reality while remaining rigorous about their technical execution and Committed Action.

Keywords: Adaptive Competence, Athlete-Centered, Unconditional Positive Regard, Empathy, Compassionate Rigor.