

Posted: July 1, 2008

Qualifications and Performance Requirements for APEX Performance OnTRACK Peak Performance Center (PPC) Director

Qualifications

Education

Masters degree or Ph.D. in one of the following: sport psychology, performance psychology, human factors psychology, cognitive psychology, social psychology, counseling psychology, or related disciplines such as education or individual organizational behavior. In more recent times, a more interdisciplinary approach and degree in the above is available and thus desirable. BCIA certification is required. AASP Certification is highly desired.

Knowledge Base and Expertise

- Principles and concepts of peak performance
- Knowledge and application of performance enhancement education and training
- Sport and/or performance psychology
- Design and implementation of instruction and training (SDI familiarity)
- Human performance assessment, measurement and evaluation
- Organizational behavior
- Principles of effective performance coaching

Experience

- Significant experience in working with adult clients in the area of peak performance skills development or performance enhancement education and training
- Former military experience dealing with senior officers and front line troops is highly desirable
- Performance and /or executive coaching
- Work with intact teams in team development – sport, military, business
- Utilization of technology in the areas of biofeedback, and applied psychophysiology
- Familiarity with audio/visual technology
- Work with clients in military, sport, business, and/or performing arts organizations

Performance Requirements

- Execute the APEX Performance part (hereby referred to as *Mental Toughness for Taking On the World*) of the strategy of the Wounded Warrior Project's OnTRACK program
- Report to APEX Performance Corporate with input from the Wounded Warrior Project staff
- Execute the *Mental Toughness for Taking On the World* program within the OnTRACK project by providing individual and group training and coaching in peak performance mastery skills to OnTRACK students as well as Wounded Warrior Project staff and their clients. Training includes

techniques such as relaxation, stress management, biofeedback, attention control, visualization and imagery, effective and adaptive thinking, group dynamics and team building, goal setting, and human learning and performance.

- Apply the concepts, principles and techniques learned in the Mental Toughness Workshop
- Deliver peak performance mental skills training throughout the semester in order to develop eventual mastery of the APEX mental skills
- In collaboration with WWP OnTRACK staff and other supporting agencies, develop a master plan for scheduling students for mental skills training throughout the semester
- Train and coach the wounded warriors students in their development of key peak performance mental skills
- Communicate effectively with the WWP OnTRACK staff, providing frequent information updates regarding the status of the Mental Toughness education and training
- Make recommendations, through APEX corporate, for improvements to processes, facilities, scheduling and other administrative and logistical elements aspects of the mental skills training within the overall OnTRACK project
- Administer the daily operations of the Peak Performance Center (PPC)
- Respond to performance requirements and feedback guidance and direction. (APEX trainer/coach will be attached to the Wounded Warrior Project HQ for the length of any APEX work with WWP. APEX is responsible for performance supervision with WWP input on a regular basis.)
- Provide full Audio-Visual capabilities for training and for creating Goal-Affirmation CDs (or MP3 or iPods) and Guided Imagery scripts and media (with APEX corporate support)
- Provide instruction and make PPC and mental skills training available to WWP staff and other supporting personnel as appropriate and as requested by WWP OnTRACK leadership
- Provide routine maintenance on all PPC equipment
- Accountable to APEX Performance, Inc.

Please send responses or questions to Dr. Wes Sime - wes.sime@gmail.com.