

# JASON A. RICHARDSON, MBA, PSY.D.

## SPORT PSYCHOLOGIST | MENTAL HEALTH & PERFORMANCE COACH | EXECUTIVE COACH

*Provide tailored expertise across multiple teams to assess and uplift capability through precise alignment and several factors that produce good team chemistry, including diverse role-taking constructive norms, leadership cohesiveness, and common vision.*

High-caliber Senior Psychologist and Mental Health & Performance Coach, owning experience working with a variety of populations including athletes, performers, executives, and entrepreneurs to become champions in sport, business, and life. From a clinical perspective, a psychologist with over a decade of practice using evidence-based practices and an eclectic approach to help people find the path to their success through sincere, passionate, and effective work. Experience presenting and working with corporate groups or adult clients. Collaborate with the organization's sports, business, operations, and other functions. Train and educate personnel, in individual and group settings, in specific cognitive, mental, behavioral, psychosocial, perceptual, learning, adaptive thinking, human engagements, and emotional control skills and strategies.

### CORE COMPETENCIES

Sports Psychology • Life Coaching • Leadership Development • Executive Coaching • Clinical Psychology • Job Coaching • Marketing • Career Development Coaching • Social Media • Brand Awareness • Mental Health & Wellness • Business Strategy • Performance Improvement • Public Speaking • Corporate Coach • Leadership & Team Building • Training • Creative Thinking •

### KEY HIGHLIGHTS

- Notable Achievements as Coach, Speaker, and Consultant include 7 Olympic Berths; 3 Olympic Medals (2 Bronze, 1 Silver); 8 Olympians; 3 World Champions; 5 National Champions; and 2 Olympic Trials finalists.
- 15-year Professional Athletic achievements include 1994 World Champion; 2007 Pan American Games Gold Medalist; 8 World Championship Finals Appearances; 3 Podium finishes in World Championships (Gold, Silver, Bronze); and 12+ years top ten USA/World Ranking.
- Proven ability in optimizing Team chemistry through the efficient composition of a team and ensuring effective relationships among team members to work effectively together to achieve synergies.
- Exceptional knowledge of sport psychology research, best practices, and mental conditioning experience.
- Demonstrated results as a psychologist and former elite athlete, as well as the ability to communicate well across generations and skill/professional levels; additionally, trained across several modalities to elicit behavioral change.
- Remain on the cutting edge in assisting clients to achieve goals/dreams (Earning Olympic qualification, Olympic medals, X-Games Gold, successful transition from sport to work, and increasing sales/revenue/engagement).
- Expert in training various groups to develop and use the cognitive skills necessary to perform optimally in sports and corporate operations. Boost team swiftness across organizations via coaching, attention to metrics, and direct assistance.

### PROFESSIONAL EXPERIENCE

**Coach, Speaker, Consultant | Dr. Jason Richardson, Inc. – Self-Employed**

**Aug 2010 – Present**

- Train and educate on goal-setting, performance profiling, visualization, performance development, and planning.
- Aid organizations/teams/individuals perform better, become healthier, and reach goals using assessment, neurological, and behavioral strategies, drawing from personal and professional athletic experience and business ownership.
- Instruct and motivate clients safely, legally, morally, and ethically to achieve their goals through performance planning. Conduct on-site assessments of clients' health and set KPIs utilizing various evaluation protocols.
- Assist the client in setting the goals and creating the strategies to attain said goals encompassing assessing the person(s), the market, and the competition and devising a protocol specific to the client based on assessment findings.
- Carry out professional and personal development group training and seminars; responsible for performance review and updating training plans and re-evaluating clients as needed to ensure optimal outcomes.
- Partner with the employer to conduct various client engagement and performance development activities and events.
- Perform professional aspects of the position, personal consulting/coaching to achieve specific business or sports objectives. Participate in program planning and development, design, and conduct related research.
- Maintain constant communication with clients to ensure goals are being met. Follow established policies and procedures of the company. Report various metrics to operations, such as attendance, engagement, outreach efforts, and activity level.

**Ass. Director of Health, Equity & Access - Psychologist | University of San Diego****Aug 2020 – Present**

- Assist students in performing in their sport and manage academic caseload. Address the entire spectrum of athlete well-being to enhance personal, social, emotional, academic, and athletic growth and performance.
- Work with a comprehensive care team; refer to other mental health professionals if longer-term care is needed due to clinical issues, lack of school resources, or school is not in session.
- Supervise pre-licensed therapist (Practicum students and Interns) as per APA guidelines.
- Conduct a continual study of how psychological factors affect performance and how participation in sports and exercise affect psychological and physical factors.
- Support the provision of individual & group psychological services to a diverse population presenting with a broad range of diagnoses and concerns, including psychological, medical, social, developmental, or other difficulties that interfere with school success or daily functioning. Conduct trainings with athletics, coaches, and other campus groups and partners.
- Design, execute, and evaluate psychoeducational programming for professional partners and teams.

**Executive Coach | Center for Creative Leadership****Jul 2019 – June 2024**

- Use professional mentoring, facilitation, and training to support leaders' personal development journeys.
- Bridge the gap between senior management and the front line. Increase organization alignment through coaching.
- Foster strategic relationships within the organization and broader the firm. Support the organization in identifying impediments and discover ways to remove dependencies by leading across organizational or geographical boundaries.
- Manage stress, build resiliency, and leverage multiple life roles. Facilitate getting the work done without coercion, assigning, or dictating the work. Facilitate discussion, decision-making, and conflict resolution.
- Guide members of the organization to build agile mindsets and thrive in an agile environment.
- Support Leaders in developing their leadership effectiveness. Assist with internal and external communication, improving transparency, and radiating information. Build a thriving nimble community inside of the organization and across the firm.
- Cultivate a trusting and safe environment where problems can be raised without fear of blame, retribution, or being judged, emphasizing healing and problem-solving. Take wise action in complex, rapidly changing conditions.
- Provide all support to the team using a servant leadership style whenever possible and leading by example.

**CLINICAL PSYCHOLOGY EXPERIENCE****Clinical Supervisor | Turning Point Crisis House, Community Research Foundation****Sep 2016 – Jun 2018**

- Offered group and individual supervision for pre-licensed clinicians. Ensured adherence to the required guidelines, policies, and procedures, including those found by county, state, and federal regulatory agencies.
- Reviewed clinical assessments, treatment plans, case notes, and correspondence to verify federal agency standards.
- Observed and evaluated clinical interactions, interventions, and case management.
- Provisioned clinical supervision for all unlicensed and non-independently licensed clinical staff in compliance with the standards of county, state, and federal regulatory agencies. Taught and demonstrated counseling techniques.
- Delivered appropriate supervision that complies with partner institutions and professional standards.

**Clinical Supervisor | San Diego Center for Children****Aug 2014 – Aug 2015**

- Provided evidence-based psychotherapeutic interventions, including individual, family, and group psychotherapy.
- Evaluated clinical interactions (in 85% of situations and capacities, as SDCC is a milieu environment).
- Interacted frequently with patient care providers, patients, and visitors by verbally communicating, hearing and understanding spoken information, and responding quickly to emergent needs or issues that may arise with patients.

**Psychologist | Crownview Medical Group****Mar 2011 – Jun 2013**

- Managed caseload of up to 20 clients per week in treating severe and non-severe Psychiatric Disorders and Psychological problems. Collaborated with other medical and health professionals to ensure comprehensive client care.
- Utilized evidenced-based techniques to treat specific disorders such as ADHD, Eating Disorders, Depression, Anxiety, Bi-Polar, Schizophrenia, and other stressors/issues affecting successful daily functioning.

**Psychologist | Sport Of Mind****Jun 2010 – Jan 2012**

- Succeeded in the integration of health psychology. Worked with a cross-section of the population, including Elite Athletes, children with ADHD & Autism, Military personnel suffering from PTSD, Pain, and all others w/ Anxiety/Depression.

- Crafted personal performance plans based on “QIK” Continuous performance tests, personality assessments, and clinical interviews. Leveraged Neurofeedback, Evidenced-Based, and Solution-Focused strategies.

**Program Therapist | San Diego Center for Children**

**Apr 2010 – Jan 2011**

- Offered Individual therapy, Family therapy, and case management for SED children and their families. Coordinated services between County Mental Health, AB 2726 workers, and Discovery Hills/Valley Day Treatment.
- Handled several successful crisis management for multiple incidences. Conducted group therapy (Life Skills Training, Anger Management, and Substance Abuse). Worked under the direct supervision of Dr. Peter Huang, MD.
- Developed and implemented a “Signature Series” therapy group using sport and art therapy.

**Therapist | Southern Indian Health Council**

**Jun 2009 – Jun 2010**

**PRIOR ROLES:** Brand Manager | Rescue Social Change Group | Jan – May 2009 • Professional/Elite Athlete | 1993 – 2008

**PROFESSIONAL DEVELOPMENT**

**Doctor of Psychology (Psy.D.) Clinical Psychology | Ryokan College, Los Angeles, California | 2010**

**MBA Global Management | University of Phoenix, San Diego, California | 2000**

**Bachelor of Arts Philosophy | University of San Diego, San Diego, California | 1997**

**Licenses: Licensed Psychologist, CA Board of Psychology**

**Training:** Work Place Big Five Personality • Cognitive Behavioral Therapy (CBT) • Progressive Relaxation/Visual Imagery • Neuro-Emotional Technique (NET) • Trauma-Informed Treatment • EEG BioFeedback (Neurofeedback) • Overview and Application Motivational Interviewing • Emotionally Focused Therapy (EFT) • Trauma Resiliency Model. • CPR • USA Cycling Coach

**Speaking Engagements:** NFL Players Association Conference • USA Sailing Leadership Forum • Lexus College Offsite Training • UCI BMX World Championships & UCI BMX SX World Cup Commentator • Audi A3 Designer Briefing Inspirational Speaker • CONSTRUCT Conference • GT Bicycles Team Press Camp • San Diego Housing Authority • Chiro Sushi Summit • Young Presidents Organization

**Radio, TV, & Print:** ESPN Radio • USA Today • Inc. Com • New York Daily News • Live Happy • The Guardian • New York Magazine • Good Morning San Diego • Fox News Affiliates - Sacramento & San Francisco/Oakland

**Community Work:** Ride to End Obesity • Blue Apple Ranch B.A.R. Internship Program • Football team pre-game address, The Bishop’s School • Managing Emotions, The Bishop’s School Parent/Booster Presentation • Pre-Game Talk, Olympic Training Center USA Cycling BMX Coaching Clinic • Psychology & Performance, Olympic Training Center – Elite Training Camps and Junior Devo Camps