



SPORTS INSIGHT ASSESSMENT

Athletic Success is 20% body and 80% mindset. Successful athletes focus on whole body success by developing and conditioning their body and mind to be champions.

At the elite sports level athletic skill or talent, discipline and hard work are not enough to become the best.

What are Sport Insight Assessments?

Sport Insight Assessments include an Athlete and Coach report. These reports provide data insights which identify and measure skill and behavioural competences to develop emotional intelligence, self-awareness and performance adjustments for consistent high-level performance in training and competition environments.

The Athlete and Coach Insight reports are designed for elite or semi-professional athletes and their coaches. The reports provide real time data insights into key competences for the athlete to optimise results, performance, team culture and team communication.

What are the Sport Competences?

Sport Insight Assessment Reports are intuitive, measuring 18 competences based on natural behavioural preferences and to an extent learned behaviours that create a competitive advantage for an athlete to reach the top. The assessment identifies those competences that an athlete should focus on to reach their goals and include:

- Egoism
- Self-Care
- Extremism
- Perfectionism
- Competitive Power
- Rhythm & Flow
- Goal Focus
- Momentary Concentration
- Impatience
- Aggression
- Enjoyment
- Bouncing Back
- Discipline
- Pressure Control
- Preparation
- Optimism
- Sensing Intelligence

What do Sport Competences measure?

Sports Index

Measures the athletes competence strength level and awareness to gain efficiency and competitive advantage.

Training Index

Measures those competences that are related to the training environment.

Competitive Index

Measures how strong the athlete considers the competences relating to the competition environment.

Who is it for?

1. Professional or semi-professional athletes and coaches
2. State or national representative level athletes and coaches
3. Lower levels, but determinedly striving to reach the above levels



For Athletes

Our Athlete's Report provides feedback for the athlete on specific areas for coaching and development Each team members' strengths

- ✓ Develop competences for athlete self-awareness
- ✓ Enhance performance drive, consistency and results
- ✓ Data insights to enhance coaching and training programs
- ✓ Increase confidence
- ✓ Reach objectives and goals
- ✓ Manage and adapt to training and competition environment pressure

For Coaches

Our Coach's Report provides feedback for the coach to analyse, support and overcome challenges that the athlete faces.

Support your athlete to:

- ✓ Coach in alignment with your Athlete's needs
- ✓ Target core development areas to achieve results
- ✓ Gain higher consistency in results
- ✓ Reach objectives

- ✓ Improve focus
- ✓ Increase confidence
- ✓ Manage competition pressure

What you receive

Our Sport Insight Assessment reports provide insight into:

- ✓ Competences athletes want to develop into strengths; areas they succeed at sometimes without fully reaching mastery
- ✓ Insight into each individual athlete and how to coach to identify their weaknesses and develop their strengths using every Sports Competence
- ✓ Athletes' Sports Competences scores
- ✓ Impact of competences on athletic performance
- ✓ Insights to coach athletes with their unique sports competences
- ✓ Deeper understanding of the 18 Sports Competences and the three sub-competences guiding Coach's to best coach the athlete
- ✓ Sports, Training and Competition Index

How we work with you

Our proven formula for success works with the Athlete and their Coach in partnership for enhanced performance.

1.	Consult.	We consult with you to engage and understand your mindset and sporting targets
2.	Engage.	We engage with your athlete and/or team to develop a performance strategy
3.	Invite.	Individuals to complete an online assessment
4.	Debrief.	Our consultants review your assessment results with you and your coach
5.	Insight	Our consultants develop a tailored Athlete and Coach professional development Action Plan aligned with increasing your results.

There's more Insight to come...

What's next in your journey?

- Develop high-functioning, collaborative teams with our **Team Insight Report**.
- Consolidate your leadership skills with our **Leadership and Coaching Report**.
- Help your agent to promote you better with our **Agent/Management Report**.

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www.athleteinsights.com.au

Email: hello@athleteinsights.com.au



Combine our Athlete, Coach and Team report to improve team culture, performance and achieve outstanding results.

Our program is simple, clear and easy to action.

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