



## EMOTIONAL INTELLIGENCE SPORTS INVENTORY™

by Martyn L. Newman, Ph.D., D.Psych. and Judy Purse, MAPS

### Athlete Information:

Name: **Suede Taylor**

Date of Birth: **September 16, 1999**

Country: **United States**

Sport: **Soccer**


ESi Assessment Date: **February 4, 2014**

# Introduction

## How do you get the most out of your report?

Follow these steps to best utilize the information created by your Emotional Intelligence Sports Inventory assessment:

- STEP 1** Review your score on the Positive Impact Scale to determine the accuracy of your report. If your positive impact scale score is above 120 - we highly recommend you re-take the assessment. A code will be provided for you to re-take the ESI assessment.
- STEP 2** Use the Competencies to review each performance competency and the definitions provided.
- STEP 3** Use the Score Key to review the five levels of scoring for each competency.
- STEP 4** Use the Profile Summary to review your assessment results. You may click on each competency to view further information and whether the competency is a Development Need, Development Opportunity, Effective Range, Strength to Build On or Signature Strength.
- STEP 5** Use the Coaching Report tab to see coaching suggestions and strategies for improvement. Review your scores listed as 'Strength to Build On' and 'Signature Strength' and use the comments in the report to think about how you may apply these more effectively. Pay particular attention to the competencies listed as Development Need, Development Opportunity or Effective Range and consider the coaching strategy to build your competencies in these areas. Review the 'Sports Psychologist' comments at the bottom of each section for further insight into how to develop these skills over time.
- STEP 6** Use the Action Plan and consider and complete the questions. This section of the report provides you with an opportunity to create a blueprint to build your emotional muscle and performance effectiveness.



Positive Impact - **130**

ESi Total Score **106**

**Positive Impact | 130**

Your score on the Positive Impact Scale is excessively elevated indicating that you may have tended to represent your experience in an excessively positive light.

**ESi Total Score | 106**

Your global Emotional Intelligence score is reflective of your average score across the 10 competencies.

\*The ESI, although based on good science, is an approximation and an estimate, not a precise indicator. Because of the margin of uncertainty you should use your own judgment as you review your results. The aim of the report is to help you gain a better understanding of your skills and how to improve your overall success in sports performance.



## Competencies

<b>Self-Awareness</b>	Your ability to be <b>aware of how emotions impact performance, knowing your strengths</b> and limits and <b>aligning your values and goals with your actions</b> .
<b>Self-Confidence</b>	Your ability to <b>believe in your abilities, decisions and opinions</b> and express confidence in challenging circumstances.
<b>Self-Reliance</b>	Your ability to be <b>independent in actions and judgements</b> .
<b>Achievement Drive</b>	Your ability to set your own <b>personal standard of excellence</b> and not be constrained by the expectations of others.
<b>Competitiveness</b>	Your <b>commitment to winning</b> and aggressive willingness to compete.
<b>Resilience</b>	Your ability to <b>recover quickly from difficult circumstances</b> .
<b>Focus</b>	Your ability to <b>keep your mind on a task</b> for an extended period.
<b>Self-Control</b>	Your ability to <b>keep impulsive emotions under control when you are under pressure</b> .
<b>Flexibility</b>	Your ability to <b>adapt your approach to changing situations</b> and take appropriate risk.
<b>Optimism</b>	Your ability to <b>see the big picture and sense opportunities in the face of adversity</b> .

## Score Key

### Discretionary Comments

The information that is provided in this report should be used as a means of generating hypotheses and as a guide to assessment. Higher scores are associated with greater levels of emotional intelligence and better sports performance.

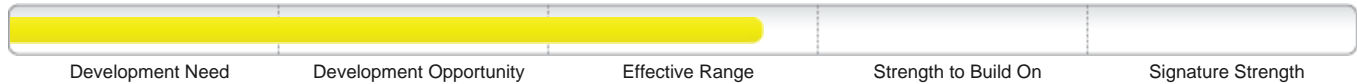
### Score Key

<b>Development Need</b>	<b>&lt; 81</b>	Your level of Emotional Intelligence in sport in this area is likely to be limiting your effectiveness. Developing your skills here is essential to your success.
<b>Development Opportunity</b>	<b>81 - 90</b>	Your level of Emotional Intelligence in sport in this area is adequate, but there is opportunity for improvement. Capitalize on the opportunity to develop this into a strength.
<b>Effective Range</b>	<b>91 - 110</b>	Your level of Emotional Intelligence in sport in this area is typical of the general population and there is room to develop this skill to enhance your athletic performance.
<b>Strength to Build On</b>	<b>111 - 120</b>	You have above average Emotional Intelligence in sport in this area. Build on this strength by considering additional strategies to create emotional muscle.
<b>Signature Strength</b>	<b>&gt; 120</b>	Your score suggests you have above average Emotional Intelligence in sport in this area. Seize every opportunity to perform with this strength to capitalize on your success.

## Profile Summary

### Self-Awareness | 106

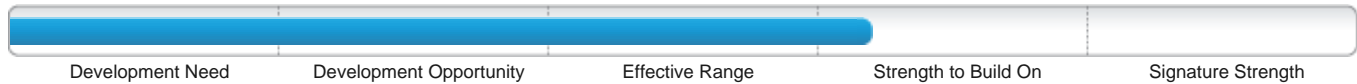
Your ability to be aware of how emotions impact performance, knowing your strengths and limits and aligning your values and goals with your actions.



Your level of Emotional Intelligence in sport in this area is typical of the general population and there is room to develop this skill to enhance your athletic performance.

### Self-Confidence | 112

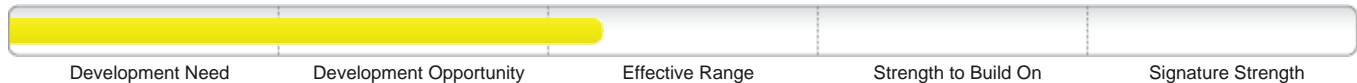
Your ability to believe in your abilities, decisions and opinions and express confidence in challenging circumstances.



You have above average Emotional Intelligence in sport in this area. Build on this strength by considering additional strategies to create emotional muscle.

### Self-Reliance | 94

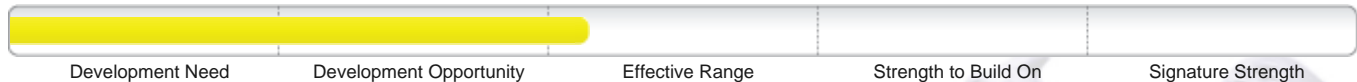
Your ability to be independent in actions and judgements.



Your level of Emotional Intelligence in sport in this area is typical of the general population and there is room to develop this skill to enhance your athletic performance.

### Achievement Drive | 93

Your ability to set your own personal standard of excellence and not be constrained by the expectations of others.



Your level of Emotional Intelligence in sport in this area is typical of the general population and there is room to develop this skill to enhance your athletic performance.

### Competitiveness | 100

Your commitment to winning and aggressive willingness to compete.



Your level of Emotional Intelligence in sport in this area is typical of the general population and there is room to develop this skill to enhance your athletic performance.

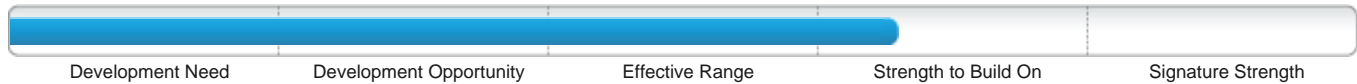
**Score Key:** Development Need <81 | Development Opportunity 81-90 | Effective Range 91-110 | Strength to Build On 111-120 | Signature Strength >120



## Profile Summary (cont'd.)

### Resilience | 113

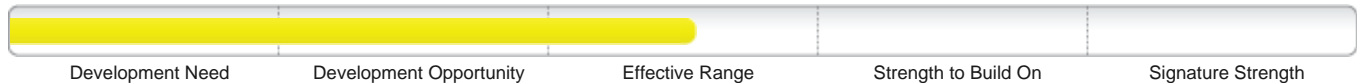
Your ability to recover quickly from difficult circumstances.



You have above average Emotional Intelligence in sport in this area. Build on this strength by considering additional strategies to create emotional muscle.

### Focus | 101

Your ability to keep your mind on a task for an extended period.



Your level of Emotional Intelligence in sport in this area is typical of the general population and there is room to develop this skill to enhance your athletic performance.

### Self-Control | 120

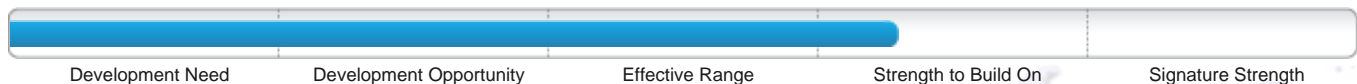
Your ability to keep impulsive emotions under control when you are under pressure.



You have above average Emotional Intelligence in sport in this area. Build on this strength by considering additional strategies to create emotional muscle.

### Flexibility | 113

Your ability to adapt your approach to changing situations and take appropriate risk.



You have above average Emotional Intelligence in sport in this area. Build on this strength by considering additional strategies to create emotional muscle.

### Optimism | 104

Your ability to see the big picture and sense opportunities in the face of adversity.



Your level of Emotional Intelligence in sport in this area is typical of the general population and there is room to develop this skill to enhance your athletic performance.

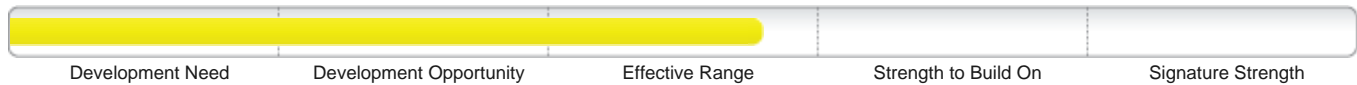
**Score Key:** Development Need <81 | Development Opportunity 81-90 | Effective Range 91-110 | Strength to Build On 111-120 | Signature Strength >120



## Coaching Report

### Self-Awareness | 106

Emotionally intelligent athletes are aware of their emotional experience and understand how their underlying motivations and beliefs impact on their performance. They have the capacity to tune-in to the messages their bodies are constantly sending and recognize how their feelings and emotions impact on their personal attitudes and judgments.



#### Effective Range

Your results indicate that you have about as much self-awareness as the average athlete. This means that you can recognize and express your thoughts and emotions and understand how these affect your performance. At times however, you may still find it difficult to identify your feelings and recognize clearly whether they are harmful or helpful to your performance.



#### Coaching Strategy

- ✓ Increase your self-awareness by tuning in to your thoughts, feelings and motivations – stop, look, and listen to what is going on and what you must change in order to achieve your highest goals.
- ✓ Make a habit of conducting post-practice and performance reflections – ask yourself: what were you thinking, feeling, and doing – what went well, what didn't go well and what feelings, thoughts and behaviors need to be modified as a result?
- ✓ Know your blind spots and talk to others, including your coach, about things that hurt your performance – you will need to develop a tough skin to do this, but great athletes know all they can about themselves.
- ✓ Take the time to think about what you're trying to achieve versus what others want for you - identify your goals and how motivated you are to achieve them.



#### Sports Psychologist

Solid self-awareness provides the basis for developing all of the other nine emotional intelligence competencies. Your responses to the challenge of sports competition may be positive or negative, but remember, your feelings will be either helpful or harmful to your performance. Negative feelings are often linked to anxiety and fear. Positive feelings are often linked to situations in which you feel in control or appropriately challenged.

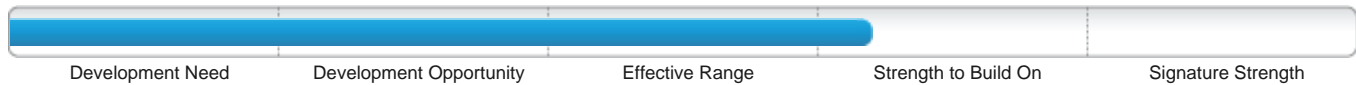
Begin to notice the links between what you are feeling and what you are doing during practice situations. Introduce a brief pause to check your emotional pulse. Learn to recognize how your emotions affect you in the moment. Become a witness to your thoughts and notice physical signs that accompany a particular feeling.

Try to suspend judgment of yourself and others and take an honest look at what you are thinking and feeling and identify those positive feelings that enhance your performance. Remember that emotional mastery is achieved through self-awareness, self-control and regular practice.

## Coaching Report (cont'd.)

### Self-Confidence | 112

Emotionally intelligent athletes accept and respect themselves and essentially like the people they are. They are confident in their skills and talent and believe in their ability to perform at high levels. Self-confidence may be the single most important emotional contributor to success in sports competition.



#### Strength to Build On

You have good levels of self-confidence that enable you to feel good about yourself and maintain the high levels of motivation necessary for sustained performance. Others are likely to see you as having sufficient self-assurance to hold-up under the pressure of intense competition. Self-confidence is comprised of self-liking and self-belief and is a key factor underpinning your ability to maximize your talent.



#### Coaching Strategy

- ✓ Make a habit of continually improving your self-confidence by setting challenging goals and commit to being an even more confident athlete.
- ✓ Preparation is the key foundation for confidence, giving you a greater sense of control over your performance – rehearse all elements, physical, tactical and emotional, such as: specific skills and plays, effective reactions to setbacks and the emotions associated with successful performance.
- ✓ Be aware of the tendency to set very high standards for yourself as this may lead to perfectionism and leave you vulnerable to focussing on imperfections - remember to celebrate the thrill of a job well done and measure yourself by what you have accomplished rather than by what you have not yet achieved.
- ✓ Create an upward spiral of self-confidence by exposing yourself to adversity such as difficult conditions, bad weather, and challenging opposition; choose to remain positive and in control.



#### Sports Psychologist

William James, the great American Psychologist once said that the greatest discovery of his generation was that "human beings, by changing the inner beliefs of their minds, can change the outer aspects of their lives." If you form a picture in your mind of what you'd like to be and keep and hold that picture there long enough, you will soon become exactly as you have been thinking. Sharpen the picture of the athlete you aspire to be and focus on it daily.

This imagery can enhance self-confidence by allowing you to:

- Overcome difficult competitive situations such as poor field conditions or a hostile crowd
- See and feel yourself performing well in actual competition
- See and feel yourself performing well in actual competition
- Use positive self-talk (the things you say to yourself or others about your ability) to increase confidence in future performance
- Imagine a positive emotional mind throughout an imagined competitive event

Self-confidence comes from within and is fundamentally a relationship that you develop with yourself. How you feel about yourself is within your control. Making the decision to like and believe in yourself is the surest way to generate the emotional energy necessary for sustained success.

## Coaching Report (cont'd.)

### Self-Reliance | 94

Emotionally intelligent athletes have the power to be self-motivated and self-directed. They take full responsibility for their own performance and make independent decisions. They are inner-directed with the emotional strength and responsibility to choose their response to the challenge of performing well.



#### Effective Range

Your results indicate that you are moderately self-reliant. In most situations you are likely to demonstrate an independent style of thinking and operating. There are times, perhaps when you are under excessive pressure, that you are susceptible to negative feelings and self-defeating thoughts. You need to continue to build your self-reliance by taking full responsibility for your actions.



#### Coaching Strategy

- ✓ Accept personal responsibility for every aspect of your training and preparation for competition.
- ✓ Building emotional self-reliance requires the gradual removal of the defensive blocks that you've erected to protect yourself from failure; this requires that you stop playing it safe, take more risks, and put yourself on the line more often.
- ✓ Model yourself on leading athletes that you admire and imagine yourself performing in a similar manner.
- ✓ Think independently and remind yourself that you can be a top performer in your sport - act the part!



#### Sports Psychologist

To take personal responsibility for your actions, recognize that you cannot always change your circumstances, but you can change yourself. To take full control, ask yourself how you can take responsibility for the outcome of your actions. In other words, building self-reliance is largely the challenge of overcoming the fear of accepting responsibility for your thoughts and actions and this fear is often experienced in four different ways:

**Insecurity** - ask yourself: "What am I most afraid of losing?" (self-respect, love, money, health, power etc.)

**Anxiety** - ask yourself: "What am I most afraid of changing?" (self-image, lifestyle, income bracket, friends, social status, habits, etc.)

**Fear of Failure** - ask yourself: "In what ways am I most afraid of failing?"

**Fear of Rejection** - ask yourself: "How am I afraid that I may be rejected en route to this goal? Whose rejection do I fear most?"

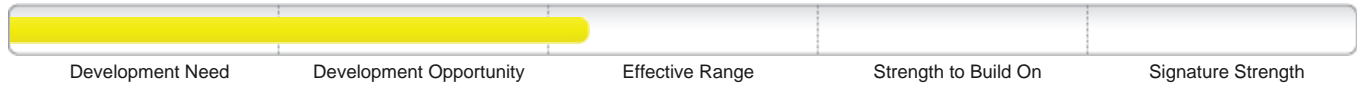
Become more self-reliant by taking greater responsibility for your thoughts, feelings, and actions. Overcome anxiety by asking yourself: What do I need to gain greater control of in order to accomplish this goal? What do I need to let go of?



## Coaching Report (cont'd.)

### Achievement Drive | 93

Emotionally intelligent athletes possess a strong drive to achieve personally meaningful goals. They know what they want to accomplish and are energized by the stimulus of pushing themselves outside of their comfort zone to take on new challenges.



#### Effective Range

Your scores suggest you are someone who has moderate levels of energy and motivation but will be aware that you can achieve more. There is room to increase your levels of emotional energy and well being by paying attention to what makes you feel alive and energized – to what interests and excites you.



#### Coaching Strategy

- ✓ Focus on your personal strengths and develop a clear vision of where you are headed this will help you to derive satisfaction from your achievements.
- ✓ In order to reach your potential in your sport, you will benefit from continually setting realistic, challenging and measurable goals; be willing to adjust those goals to meet your sporting goals.
- ✓ Take calculated risks; too much safety can lead to mediocrity.
- ✓ Tune in to the things that motivate and inspire you and optimize the effective and efficient management of your available resources.



#### Sports Psychologist

Achieving peak performance involves focused attention on the things that are most important to you. Self-actualization is really about your level of passion. It's the force that keeps you moving towards your goals and reaching for higher ground. Psychologists describe this ideal performance state as 'flow' which involves: responding to a task that is challenging and requires skill and concentration; having clear goals, receiving immediate feedback on performance; experiencing a deep, effortless involvement and extraordinary awareness; having a sense of control; and losing any sense of self-consciousness.

Five Steps to Build Passion:

1. **Tune in to your discontent.** Becoming aware of what you're not happy with is the first step in fuelling your passion.
2. **Where you stand determines what you see.** It all starts with a vision of what you would like to achieve. The clearer your goals are, the greater the energy available to achieve them.
3. **Who you listen to determines what you hear.** The most influential factor in developing your passion will be the voices of other people in your life. Associate with other passionate people.
4. **What you do determines who you are.** Who you are and what you achieve is forged by your actions. If you want to increase your passion, act 'as if' you already have it.
5. **How you feel determines how well you do.** To increase your passion, focus your attention on your positive strengths. Value who you are, what you do and what you have.

## Coaching Report (cont'd.)

### Competitiveness | 100

Emotionally intelligent athletes have a strong desire to strive for success in competition. They enjoy competing against others to win, but primarily focus on challenging themselves to reach their optimal performance. They measure their success by performing at their personal best.



#### Effective Range

You report being competitive and motivated to succeed. You appear to enjoy the sporting contest and are able to direct your abilities and energies toward achieving your goals. Your results indicate that there is more you can do to build your competitive drive to deal with the pressure of competition and improve your performance.



#### Coaching Strategy

- ✓ Continue to raise the personal importance of competition by finding value in the thrill of competition and resetting competitive goals according to what will challenge and motivate you.
- ✓ Your passion for competition provides you with an intense love for your sport and the desire to be the greatest at what you do – continue to build expectations of success.
- ✓ You may be sticking to the basics of your game and playing it too safe in your desire to minimize mistakes - highly competitive athletes are risk-takers and narrow the margin of safety both physically and emotionally in terms of the probability of success or failure.
- ✓ Your work effort outside the competitive arena should be even better than your performance inside it - competitiveness inspires practice, and practice leads to success.
- ✓ Practise thinking like a winner - think positively and visualize your strengths before training or competition.



#### Sports Psychologist

One aspect of competitive sport that clearly separates elite athletes from others is their level of competitive drive. Sports research has established that competitive drive is made up of three dimensions: *Competitiveness* - the desire to strive for success; *Win Orientation* - a desire to win interpersonal competitive sporting events; and *Goal Orientation* - a focus on having personal goals. Elite athletes score higher than regular athletes on all three dimensions, but competitiveness is the factor that most clearly distinguishes the elite.

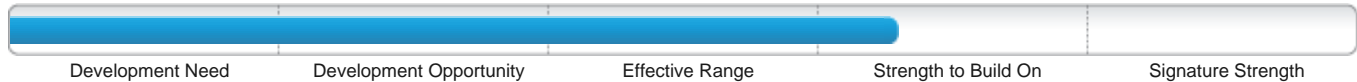
#### 3 Steps to Build Competitiveness:

1. **Competitiveness** - Be clear why it's important - the desire to win, to be the best, to be remembered, to be loved - first establish a clear vision of what you want to achieve - what your success actually looks like.
2. **Win Orientation** - Give your vision of success sustained, focused attention and practice thinking like a winner; visualize your success before training or competition - this will build competitive drive, an intense love of your sport and a desire to be the best at what you do.
3. **Goal Orientation** - Building competitiveness is a matter of directing your abilities toward important goals. Establishing meaningful, personal goals provides the focus for your abilities - your behavior and emotions all change because you are clear and specific about achieving the rewards of winning.

## Coaching Report (cont'd.)

### Resilience | 113

Emotionally intelligent athletes cope effectively with major setbacks, pain and disappointment in sport. They have developed a strong will to succeed and a capacity to maintain a positive, personal vision of what can be achieved. They are determined to succeed and have the ability to bounce back from performance setbacks by focusing on the task ahead rather than the negative emotions.



#### Strength to Build On

Your results indicate that you thrive under the pressure of competition and have both an internalized motivation to succeed, as well as an ability to bounce back from setbacks. It is important that you remain fully focussed on the tasks in front of you and resolute in your belief that you can achieve your competition goals.



#### Coaching Strategy

- ✓ Developing resilience involves becoming more emotionally aware; remember you can't change what you don't acknowledge – pay attention to both the negative emotions that block your ideal performance state as well as the positive emotions that support peak performance.
- ✓ Decide to let go of mistakes quickly if things do not go to plan: a key part of resilience training is to use success and failure as feedback – the question is not whether you won or lost, but what will you do with the feedback?
- ✓ Look at setbacks as a stepping stones for future achievement; view mistakes and failures positively and refuse to see them as dead-ends; they're an inevitable part of sports competition - use them as learning experiences and recommit yourself to applying what you've learnt.
- ✓ Build a strong, network of social support who are positive and committed to your success.



#### Sports Psychologist

Renowned sports psychologist, Jim Loehr refers to resilience as 'mental toughness' and insists that it is a learned capacity to produce a unique emotional response in competition. Producing the right emotional response during competition requires great emotional skill involving the courage to apply and re-apply emotional energy in the face of persistent challenge such as: tanking - giving up on the inside, anger and negativism; as well as choking - performing poorly because of fear.

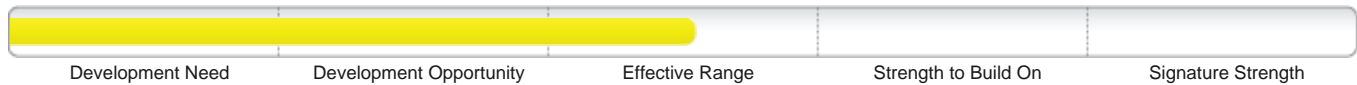
Developing mental toughness involves managing emotional energy by taking 7 actions:

1. **Cultivate it** - maintain an internalized drive to succeed
2. **Own it** - take personal responsibility for outcomes
3. **Control it** - gain psychological control over fear of failure
4. **Toughen it** - thrive on the pressure of competition
5. **Focus it** - remain fully focused on the task in the face of distractions
6. **Redirect it** - bounce back from setbacks with renewed determination to succeed
7. **Accept it** - acknowledge that anxiety and disappointment are a natural by-product of intense competition

## Coaching Report (cont'd.)

### Focus | 101

Emotionally intelligent athletes have the ability to maintain an effective focus and avoid distractions that can interfere with their best performance. They are able to sustain concentration and stay centered regardless of what is happening in the competitive situation.



#### Effective Range

Your scores suggest that you are able to maintain an effective focus and can deal with the distractions that interfere with your optimal performance. Continuing to strengthen your focus will enable you to take control and act as the 'director' of your competitive efforts.



#### Coaching Strategy

- ✓ Concentrate on the process of performing rather than the outcome of your effort – you can't control whether you win the event, but you can control how you perform.
- ✓ Let go of mistakes and past failures and do not be distracted by looking too far into the future – instead, stay in the moment.
- ✓ Establish particular cues such as the sound of a whistle, the waving of a flag or the noise of the crowd as a trigger to ask yourself the questions: "What do I need to do now to perform at my best?"
- ✓ When under pressure, focus on a word such as 'relax' or 'calm' and repeat it several times as you breathe out – use this approach to control your focus each time you are under pressure.



#### Sports Psychologist

Eminent sports psychologist, Jim Loehr has developed a set of four mental and physical routines performed in sequence to assist athletes to respond to pressure - "The 16-Second Cure." This approach can be adapted and applied in situations that require the athlete to regain and sustain focus.

**Stage 1. Positive Physical Response** - (3-5 seconds) Make a quick, decisive physical move to create distance from the distraction (e.g., pumping action with the arms, a clap).

**Stage 2. Relaxation Response** - (6-15 seconds) Think calming thoughts, such as "settle-down," "relax," and focus on a series of long slow breaths.

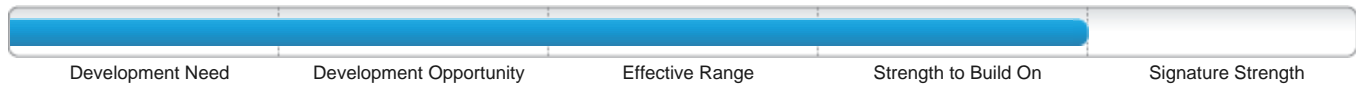
**Stage 3. Preparation Response** - (3-5 seconds) Project a very confident, aggressive image, followed by confident self-talk such as "I can win this," and mentally planning the next move.

**Stage 4. Automatic Ritual Response** - (4 seconds) Delay action and produce a ritualistic response, such as bouncing the ball, walking away, stretching - let go of thoughts, even self-talk, and focus on producing instinctive, automatic actions.

## Coaching Report (cont'd.)

### Self-Control | 120

Emotionally intelligent athletes are able to manage their emotions well and stay calm when under pressure. They have the ability to stay motivated and persist in the face of frustration. They are able to manage their shifting moods to maintain composure and an optimal level of arousal to think clearly and act appropriately.



#### Strength to Build On

Your results indicate that in most circumstances you are able to manage the pressure of training and competition. You are able to think rationally and maintain composure while keeping negative emotions and impatience in check. You are likely to remain calm under pressure and use a range of coping techniques to remain focussed on achieving your performance goals.



#### Coaching Strategy

- ✓ An important step in strengthening self-control is to become aware of what you need to gain greater control of in order to accomplish your goals, and what you need to let go of.
- ✓ Continue to build a repertoire of stress and time management skills that increase your capacity to maintain composure.
- ✓ When tempted to lose control ask yourself, "Who or what am I trying to control that is beyond my ability to control?" - then focus on what you can control – your response.
- ✓ Respond rather than react to challenging situations by taking a few long breaths, learn to become mindful through meditation techniques and concentrate on the outcome you're committed to achieving rather than the immediate stressor.



#### Sports Psychologist

Mark Anshel, a prominent sports psychologist has described the COPE model as a way of helping athletes to remain in control following a negative event. COPE is an acronym that describes four strategies:

**C = Control Emotions.** The immediate reaction of an athlete's mind and body when experiencing a negative event might be to feel uptight and tense. Taking a few deep breaths to regain composure. Controlling emotions at this stage enables you to remain aware of important information that is critical to delivering a better performance.

**O = Organize Input.** The objective here is to deal objectively with the stressful event by refocusing on the task to be completed.

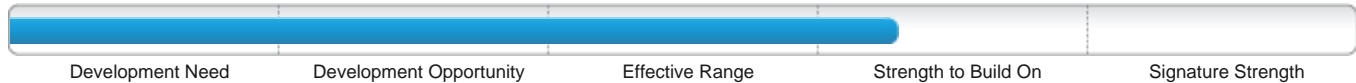
**P = Plan Response.** Take the focus away from unpleasant feelings and focus instead on planning actions that correct your performance.

**E = Execute.** A negative event (critical remarks or a performance error) can lead to you taking fewer risks and decrease your self-confidence. Emotionally intelligent athletes perform almost automatically by discounting the importance of negative messages and focusing instead on executing purposeful actions that maximize the chance of a successful outcome.

## Coaching Report (cont'd.)

### Flexibility | 113

Emotionally intelligent athletes are able to adapt their thinking, feelings and actions in response to changing circumstances. They readily adapt to unpredictable changes and have the ability to “go with the flow” to maintain optimal performance.



#### Strength to Build On

Your results indicate that you are generally able to adjust your emotions, thoughts, and behaviors well to changing situations and conditions. You appear to remain relatively open-minded to differing approaches and new ways of doing things - you have the capacity to be a champion of innovative approaches to achieving success in your sport.



#### Coaching Strategy

- ✓ Introduce a new activity such as yoga or dance – something that changes your routine – and observe the positive impact on your level of enthusiasm and passion.
- ✓ Explore a number of alternative solutions to problems instead of falling back on the ‘tried and true.’
- ✓ Stretch your mind as well as your muscles to achieve your full potential – deepen your understanding of alternative approaches to training and experiment with some additional methods.
- ✓ Acknowledge that you have choices when faced with change and consider a range of options before deciding on an action.
- ✓ Ask your colleagues or coach how they would manage a particular change situation you are facing; adopt the strategies that you consider to be ‘best practice.’



#### Sports Psychologist

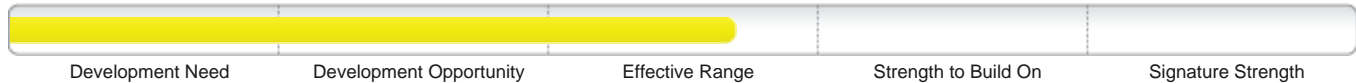
In life we cannot avoid change. It doesn't make you weak to soften your position. In fact, it makes you stronger, more creative and usually more productive. Inflexibility creates an enormous amount of inner stress, cuts you off from innovative ideas as well as making you difficult to coach. If you find yourself a little stubborn, lighten up and recognize that stubbornness is rooted in the fear of letting go. Ask yourself, "What am I afraid of losing?" It may be control, status, self-esteem etc.

- Resist the temptation to play it safe or hide behind cynicism - nothing cuts you off from your sports success more quickly.
- Practice becoming more receptive and open to your inner creativity.
- Learn to ‘go with the flow’ more often and choose to focus on the things that are really important.
- Don't sweat the small stuff - and remember, most of the time it's all small stuff!
- Recognize that you can't always change your circumstances or other people, but you can change yourself - often your reaction to circumstances is the only thing you can change.
- When you blame others or circumstance you give up your power to change the outcome!

## Coaching Report (cont'd.)

### Optimism | 104

Emotionally intelligent athletes sense opportunities even in the face of adversity. They have an overall positive attitude and high expectations of what they can achieve and generally maintain positive mood.



#### Effective Range

You are generally an optimistic person and can view limitations as challenges to be overcome. You will work hard to remain motivated to pursue a course of action, even when things get difficult. By building your levels of optimism you will increase your motivation to achieve your goals, particularly during difficult times. As you continue to cultivate this competency, others will also appreciate the positive atmosphere you create.



#### Coaching Strategy

- ✓ Despite obstacles and setbacks, learn to manage negative moods; choose to express a positive, can-do approach to your sport.
- ✓ View success and happiness as your normal state and see negative events as temporary glitches on the path to your inevitable success.
- ✓ Change the definition of a challenge or a situation and look at it as an opportunity that you can take advantage of.
- ✓ Enter into training and sports competition by focusing on your strengths and do not even entertain the possibility of defeat.
- ✓ Focus on the task rather than the negative emotions and see the possibilities within difficult situations; think about how the job can be done and be logical about it.



#### Sports Psychologist

A useful approach to becoming more optimistic is to become a kind of 'inverse paranoid' and use the 'act as if' principle – 'act as if' the world is conspiring to do you good. If you want a quality such as more passion, you should 'act as if' you already have it. Act 'as if' you already are the sports personality you imagine yourself being. The impact that this will have in the outer world in changing how other people see you and treat you will help you to think about yourself differently.

#### Three Keys to Being More Optimistic:

1. Act like you know it will happen.
2. Act as though it is already happening.
3. Act calmly, with confident expectancy and focus on the thing to be received or the task to be achieved rather than on the negative emotion.

This is not simply 'whistling in the dark', it's about increasing the quality of the emotional atmosphere around you which in turn increases the likelihood of achieving your success.

## Action Plan

### SEVEN ACTIONS TO INCREASE YOUR EMOTIONAL INTELLIGENCE AND SPORTS SUCCESS

#### Where to From Here?

This report is designed to provide you with an opportunity to review the skills and resources necessary for responding to the challenge of sports competition.

The report has provided you with a set of scores measuring your emotional intelligence in sports performance. In the end, you are the expert on yourself. Accordingly, all descriptions used in this report are for you (and your coach) to consider in light of your experience and judge for yourself how accurately they apply to your performance.

Remember, many of your behaviors are automatic and you have probably become accustomed to them. This report provides you with an opportunity to reflect on your actions and to provide you (and your coach) with some valuable insights into your behavior and its impact on your performance.

Sports performance development is a dynamic process of action, reflection on that action, and then new and more effective action in light of the new information gained. This is a continuous process and is the key to increasing sports performance. Complete the following seven actions and use them to enhance your sports performance.

#### Action One

List the strengths identified in your report that you recognize as your key abilities and consider how they contribute value to your personal sports performance.

#### Action Two

Identify several strategies that you can use immediately to increase the effectiveness of your strengths.

#### Action Three

List a key development area identified in your report that you recognize is true for you. From the Coaching Strategy section choose what actions you will take to address this challenge.



## Action Plan (cont'd.)

### Action Four

List any areas for development identified in your report that surprised you. Pause and consider the potential impact of these characteristics on your sports performance. These areas may represent 'blind spots' and you may need to approach them by considering how your behavior potentially impacts on your performance.

### Action Five

Identify the key challenges you are facing in your sports performance right now and consider how you can use your identified strengths to affect a positive outcome.

### Action Six

Discuss your report with your coach; paying particular attention to those areas describing your attitudes and behaviors that raise questions for you. Ask for feedback and suggestions for alternative behaviors that may prove more effective in achieving your goals.

### Action Seven

Think of the opportunities that arise from this report to set some new goals for your sports performance development. Remember developing clear goals and achieving them puts you in charge of your life. A goal is a measurable written statement of a definite next step. Clearly define three goals that you would like to achieve and by what date you intend to achieve each of them.

## Conclusion

Thank-you for visiting **New Edge Performance** and participating in the Emotional Intelligence Sports Inventory Assessment. Congratulations, you have taken a key step in reaching your athletic performance potential. Your ESI results will be available to you indefinitely and will be accessible at any time with your username and password at [www.newedgeperformance.org](http://www.newedgeperformance.org).

We wish you great athletic performance!

The Team at **New Edge Performance**



[www.newedgeperformance.org](http://www.newedgeperformance.org)

