



## SPORTSPRO™

ATHLETIC POTENTIAL PROFILE

The **SPORTSPRO™** is a diagnostic tool that identifies the character traits, attitudes and opinions of athletes and provides insight into maximizing the performance potential of an athlete. The **SPORTSPRO™** creates complementary reports for both the athlete and the coach.

### SPORTSPRO™

- Assesses the character traits essential to athletic success
- Provides information on key attitudes
- Offers comparative analysis to elite athletes on competitiveness, mental toughness, confidence and motivation
- Includes individual coaching and self-strategies

The **SPORTSPRO™** is designed specifically for athletes and coaches to provide valuable insight and feedback on the key components of an athlete's character and how to maximize both individual and team performance.

**SELFMANAGEMENT**   
GROUP  
SELECT | DEVELOP | RETAIN | TOP PERFORMERS

# Select the Best Athlete

The **SPORTSPRO™** provides an objective view of the character traits and attitudes that predict success in sport. Scouts, coaches and recruiters will find it extremely valuable in understanding each individual athlete and how they relate to other team members.

The **SPORTSPRO™** includes 2 reports:

## Personal Profile

The **SPORTSPRO™** provides personal feedback on several constructs that allow the athlete to build on his/her strengths and identify growth opportunities. The feedback includes powerful self development strategies that will complement those of the coach.

## Coaching Profile

The **SPORTSPRO™** provides the coach or mentor with a detailed look at the traits and attitudes of the athlete. This feedback provides a visual snapshot for the coach and allows for investigation into growth areas. This report can help the coach with team building, developing a performance culture and day-to-day coaching.

The **SPORTSPRO™** provides detailed feedback on the following:

- Competitiveness
- Mental Toughness
- Motivational Structure
- Team Orientation
- Overcoming Adversity
- Social Orientation
- Approach to Learning
- Self Confidence
- Lifestyle Management
- Attitudes About Sport



## SELF MANAGEMENT GROUP

The **Self Management Group** is a world leader in screening, selecting, developing, and retaining top performers. For over 35 years, the **Self Management Group** has partnered with leading companies to develop high performance, self managed organizational cultures.

For more information about the **SPORTSPRO™** and the **Self Management Group's** other profiling and training systems please visit [www.selfmgmt.com](http://www.selfmgmt.com) or call 416.746.0444.

