



EMOTIONAL INTELLIGENCE SPORTS INVENTORY TM

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Athlete Information:

Name:
Date of Birth: **November 10, 1992**
Country: **United States**
Sport: **Football (Soccer)**
ESi Assessment Date: **July 29, 2011**

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[Promotional Use Only - Sample Copy]

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 - 105

ESi Total Score

89

Positive Impact | 105

Your scores indicate that you approached the assessment in an honest and straightforward manner. This suggests that your results are likely to be an accurate reflection of your experience.

ESi Total Score | 89

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: Top 10 Emotional Skills Profiled in the ESi

Self-Awareness	#1	Your ability to be aware of how emotions impact performance, knowing your strengths and limits and aligning your values and goals with your actions .
Self-Confidence	#2	Your ability to believe in your abilities, decisions and opinions and express confidence in challenging circumstances.
Self-Reliance	#3	Your ability to be independent in actions and judgements .
Achievement Drive	#4	Your ability to set your own personal standard of excellence and not be constrained by the expectations of others.
Competitiveness	#5	Your commitment to winning and aggressive willingness to compete.
Resilience	#6	Your ability to recover quickly from difficult circumstances .
Focus	#7	Your ability to keep your mind on a task for an extended period.
Self-Control	#8	Your ability to keep impulsive emotions under control when you are under pressure .
Flexibility	#9	Your ability to adapt your approach to changing situations and take appropriate risk.
Optimism	#10	Your ability to see the big picture and sense opportunities in the face of adversity .

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

Development Need	< 81	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.
Development Opportunity	81 - 90	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.
Effective Range	91 - 110	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.
Strength to Build On	111 - 120	You have above average Emotional Intelligence in sport in this area. Build on this strength by considering additional strategies to create emotional muscle.
Signature Strength	> 120	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: Top 10 Emotional Skill Results

Self-Awareness | 98 (#1)

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 | 101 (#2)

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



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-Reliance | 70 (#3)

Your ability to be independent in actions and judgements.



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.

Achievement Drive | 103 (#4)

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 | 78 (#5)

Your commitment to winning and aggressive willingness to compete.



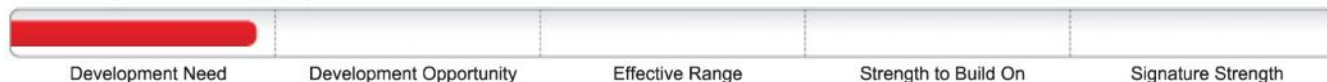
Your level of Emotional Intelligence in sport in this area is likely to be limiting your effectiveness. Developing your skills here is essential to your success.

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.): Top 10 Emotional Skill Results

Resilience | 76 (#6)

Your ability to recover quickly from difficult circumstances.



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.

Focus | 89 (#7)

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



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.

Self-Control | 101 (#8)

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



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.

Flexibility | 91 (#9)

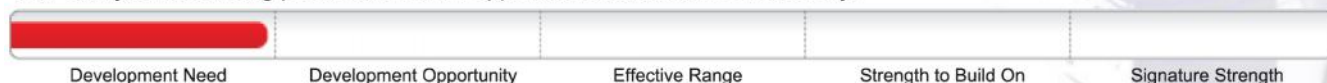
Your ability to adapt your approach to changing situations and take appropriate risk.



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.

Optimism | 79 (#10)

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 likely to be limiting your effectiveness. Developing your skills here is essential to your success.

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

Coaching Report : 1 of 10 [Sample only]

Self-Awareness | 98 (#1)

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.): 3 of 10 [Sample only]

Self-Reliance | 70 (#3)

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.



Development Need

Your results indicate that you rely on others to drive your performance and find it difficult to act independently. It is critical to your success that you develop your self-belief and take more personal responsibility for your sporting achievements.



Coaching Strategy

- ✓ Accept personal responsibility for every aspect of your training and preparation for competition.
- ✓ Determine to stop blaming others when things go wrong with training or competition, and take full responsibility for your own actions and mistakes.
- ✓ Keep a daily record of your training schedule and score yourself out of 10 for your effort and performance.
- ✓ 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.
- ✓ Take action in which the dominant influence is your personal conviction rather than depending on others.



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?