



ATHLETE'S PROFILE



Name: _____ Date: _____

Referred by : _____ Web Page: _____ PR: _____ Other _____

Have you read any of the articles we published about mental training ? Yes No

1. What three (3) items would you like to discuss during your first session with Etienne?

A. _____

B. _____

C. _____

2. Describe yourself in terms of how you see your personality.

3. Where in your life does responsibility needs to be developed ?

4. Do you believe that the best investment anyone can make is in themselves? Yes No

5. Mental Training is about commitment. If you take on this coaching program, are you prepared to truly be successful by doing what is asked of you ? Yes No

6. If you won \$10millions in the lottery, what would you do with your life ?

7. If FAILURE would not exist, what would you be doing with your life ?

8. Do you think that having a great life is really possible ? Yes No

9. Would you be willing to try some things that are totally new and different ? Yes No

10. What special talent do you possess that you would like to orient your life around ?

11. Complete these three sentences to be read at your funeral. {The legacy statement}

He/She was a _____

He/She did _____

He/She made _____

12. What is the biggest opportunity that you currently are not taking advantage of ?

Actual Situation Review

General level of satisfaction

I am unsatisfied

1 2 3 4 5 6 7 8 9 10

I am very satisfied

Vision

I don't have a clear vision

1 2 3 4 5 6 7 8 9 10

I have a clear vision

Written Plan

I have no plans in writing

1 2 3 4 5 6 7 8 9 10

My written plan is done

Proactive management

I am always dealing with urgent issues

1 2 3 4 5 6 7 8 9 10

I am planning changes

Energy level

I am exhausted

1 2 3 4 5 6 7 8 9 10

I am energised by what I do

Accomplishment

I feel like I am going nowhere

1 2 3 4 5 6 7 8 9 10

I am proud of what I accomplish

Priorities

I am too busy

1 2 3 4 5 6 7 8 9 10

I know what are my priorities

Planned development

I don't have a training program

1 2 3 4 5 6 7 8 9 10

My improvement is quick

Accomplishment

My tree (3) biggest success or accomplishments :

1. _____
2. _____
3. _____

My tree(3) biggest disappointments :

1. _____
2. _____
3. _____

Tree (3) situations / persons who made a difference in my life and why :

1. _____
2. _____
3. _____

Clear Goals

My three (3) immediate goals or desired changes (90 days) :

1. _____
2. _____
3. _____

My three(3) mid-term goals (12 months) :

1. _____
2. _____
3. _____

My three (3) life goals (long term) :

1. _____
2. _____
3. _____

We will ask you what would be your benefits of having accomplished all that ...?



DATA SHEET



Date : _____

Client Name: _____

Home Address : _____

City : _____ Province/State : _____ Postal Code: _____

Date of birth : _____ Age : _____ Sex : M F

Status : Single Married Separated Divorced of fact

Spouse First name (if applicable) : _____ Age : _____

Infants names (if applicable) : _____ Age : _____

_____ Age : _____

• Sport

Sport : _____ Club : _____

Functions / specialty : _____ Actual Ranking : _____

Best Performances : _____

• Communications

Telephone : Office : (_____) _____ - _____ Home : (_____) _____ - _____

Mobile : (_____) _____ - _____

e-mail : _____

(Return completed to your coach)