

SportMind

The Victory Is In Your Head



Profile
of coach

Trainer 1, 40 years

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Introduction

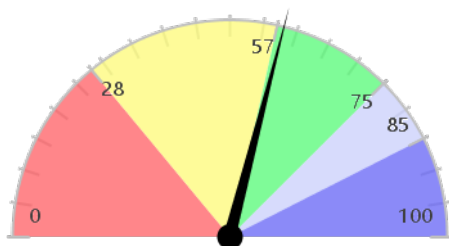
When reading “**Profile of coach**” please bear in mind that

1. None of the values **can be labeled “good” or “bad”**. The values must be interpreted in the context of personal and professional aspirations of the coach and the specific personal and professional environment.
2. All the values **are changeable, also the performance of the coach can be improved**. This document lists strengths and weaknesses of an individual in a form which enables choosing effective strategies for the individual personal leadership and development. This is not a personal typology, but a real aid for a better professional engagement.
3. A Man **is usually a part of a social group**. All measured values describe persons behavior within their respective social groups and actual conditions. They are always a result of an interaction between an individual and a group. For an effective social group performance it is essential, that different team roles and attitudes are present within the team. This diversity is a needed condition for optimal team, but can be also a reason for conflicts. The team diagnostics is available under the CAM TEAM Diagnostics.
4. Where there is a „**normal**“ position in the graphs, it is based on a research project, where 700.000 individuals were diagnosed. It is thus only an average value and should be used only for comparison.
5. This document lists personal information. Take every measure to behave **ethically**.
6. If in need, our experts will provide guidance in interpreting measured values. We provide
 - expert consultations
 - rozbor týmupsychological analyses of a group (team)
 - professional services with the use of other unpublished results

1. Rules management (individualism/conformity)

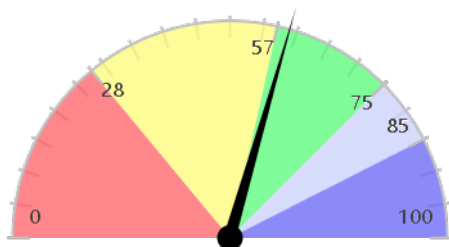
In this chapter you will learn if a coach creates and promotes his or her rules or submits to the rules laid down by others. The coaches development potential shows how much the coach uses his or her development potential or stagnates in his / her development.

1.1 Handling rules



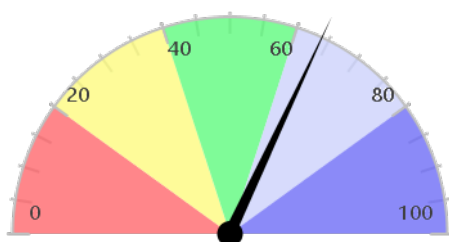
- He enforces his rules in all circumstances
- He adheres to the rules he identifies himself with
- He's a co-author of rules and adheres to them
- He conforms to the rules
- He conforms to the rules unconditionally

1.2 Handling rules at work



- He enforces his rules at work in all circumstances
- He adheres to the rules at work he identifies himself with
- He's a co-author of rules at work and adheres to them
- He conforms to the rules at work
- He conforms to the rules at work unconditionally

1.3 Development potential

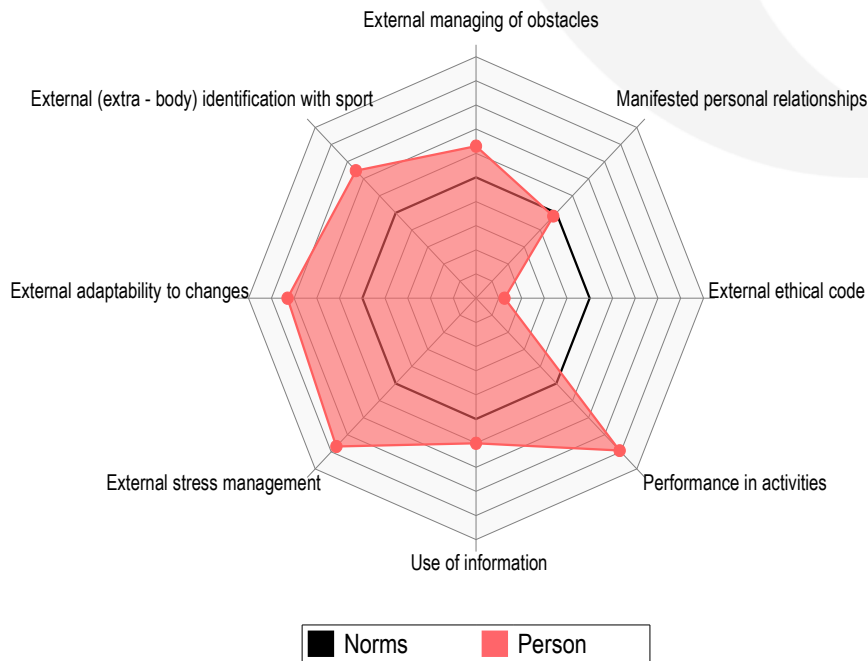


- Shorttimely overstrian himself/herself
- Overstrain his/her potential
- He/she uses his/her full potential
- Usable reserves
- Not using his/her potential

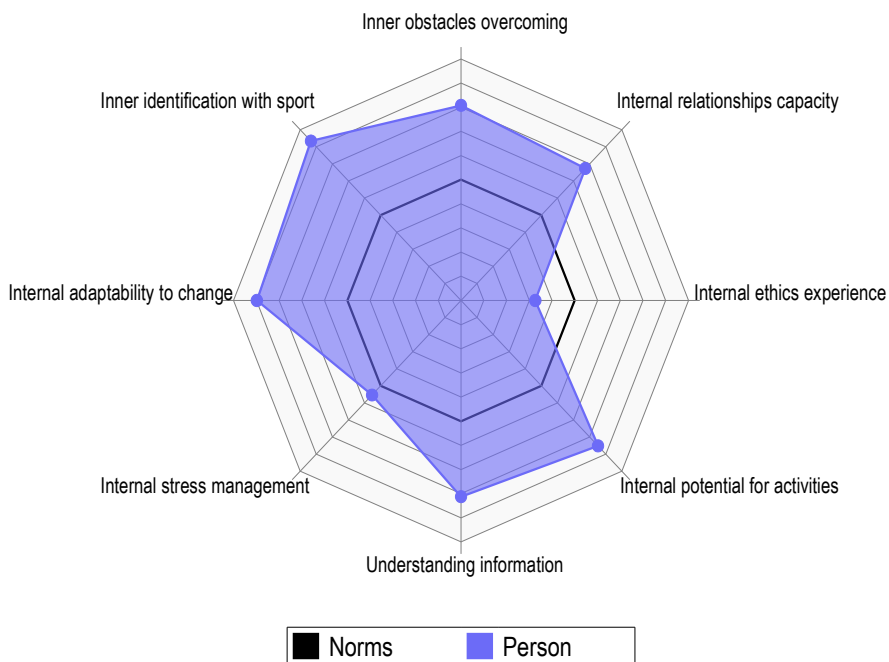
2. External behavior and inner experience of coach

This graphs shows reserves or overstrain in behavior areas and experiecies.If the external (red) item exceeds the internal (blue), then the coach in that item overstrain. If it is the other way around and the inside (blue) exceeds the outside (red), the coach has reserves in the area and can use them.

2.1 External behaviour



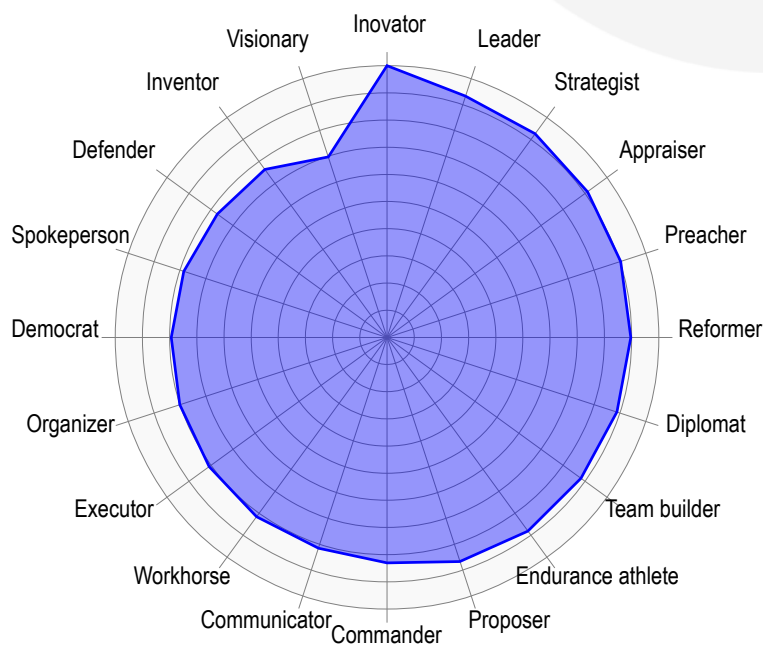
2.2 Inner experience



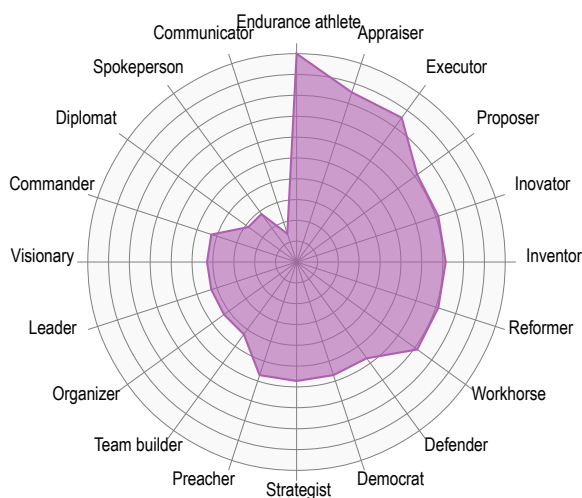
3. Coach's roles

This focuses on determining which role an athlete should assume in order to function at his/her highest level. "Automatically Used Roles" indicate which hat coach prefers to wear in ordinary circumstances (such as when s/he's at ease). The "Roles Used Depending On Conditions" show which hat the coach prefers to wear when s/he's exposed to unusual circumstances. The "Roles Used in Danger" show which hat the coach will wear when circumstances are completely unfamiliar to him/her (i.e., when s/he's under stress or other pressures).

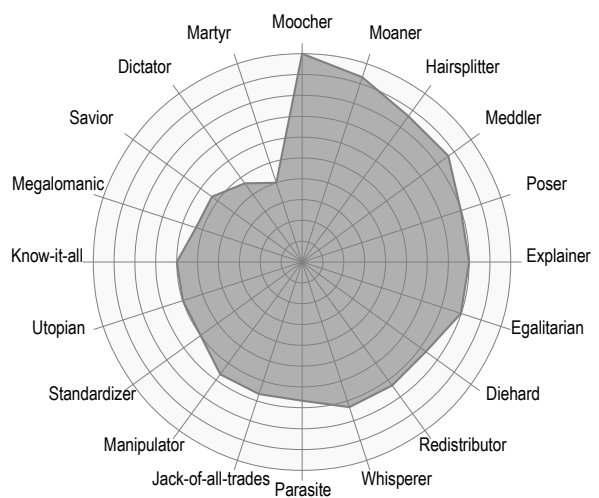
3.1 Automatically used roles



3.2 Roles used depending on conditions

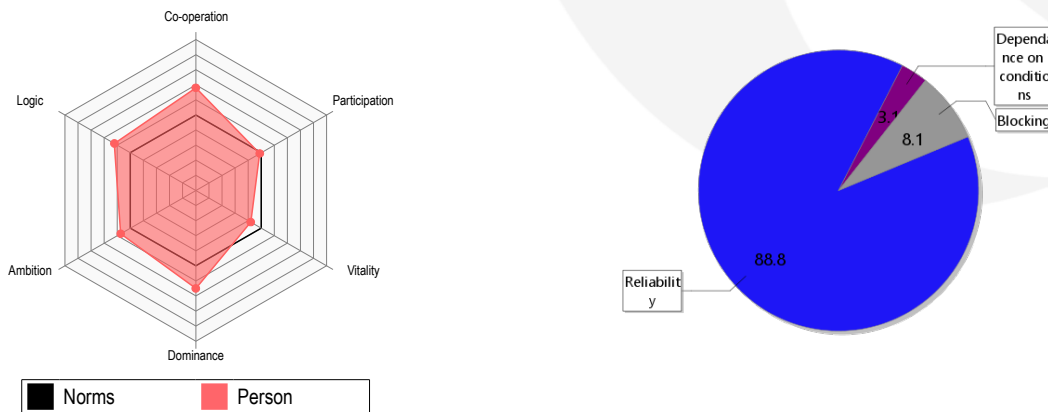


3.3 Roles used in danger

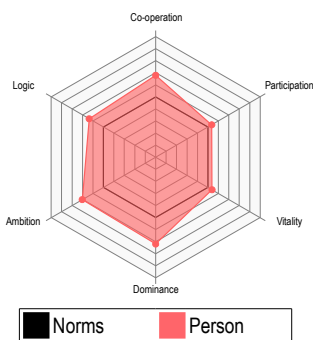


4. Constructive behavioral types

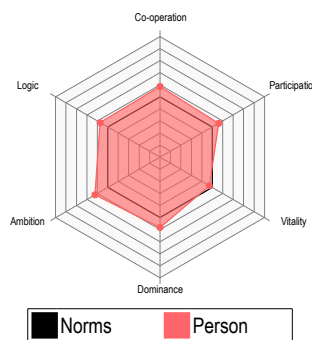
The chapter shows what types of behaviour a person chooses to deal with work tasks and situations. Radar charts show what types of behaviour are strong or weak points of the person, and how the behaviour of the person differs in the company, in the general work and personal life. Mutual graphs show the use of selected types of behaviour.



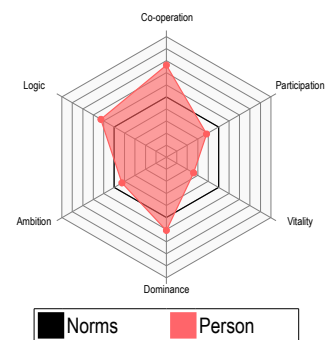
4.1 At sport



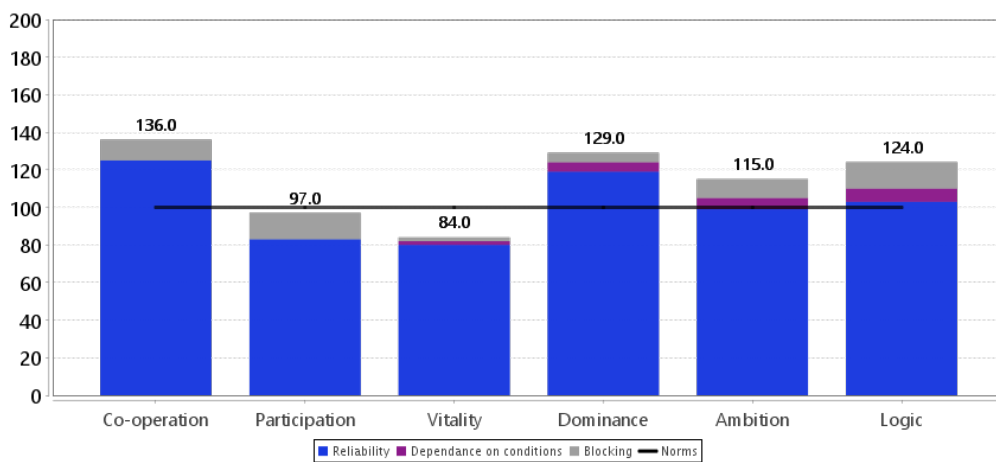
4.2 At work



4.3 Personal

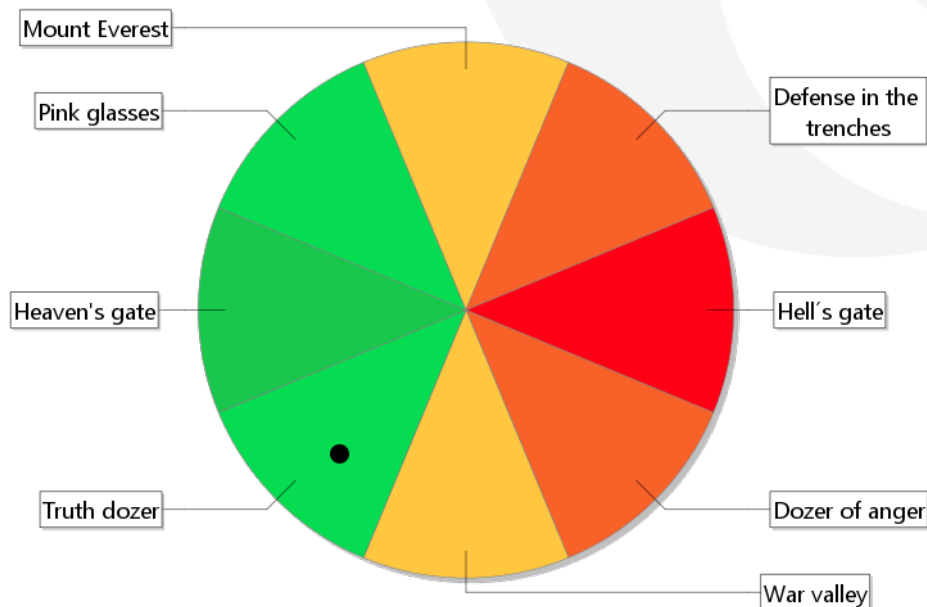


4.4 Reliability, dependance on conditions, blocking



5. Atmosphere of social relationships

Each person creates and shares some type of the atmosphere of relationships. In the chapter you will learn how the coach influences his surroundings by the atmosphere of relationships. At the same time, you will learn how the coach creates and shares the atmosphere of relationships in a company and at work.



5.1 Summary

Truth dozer

Communication in this type of climate is completely and clearly guided by given, established and enforced conditions (the only version of "the truth"). These are understood without compromises, insistently and intolerantly, as the basic requirement for succeeding at work. The rules are strictly and sharply enforced in the work and sport performance and evaluation. The person does not oppose or obstruct compatible activities and demand independence from all team members. If the conditions are set this way and their style is accepted, the person is very productive and supports collective success. The person is suitable to be a coach of a team that needs a drill and puts an emphasis on performance.

5.2 Sport

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Profile of coach

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5.3 Work

Heaven's gate

The person accepts with equanimity their working conditions and the existing rules for interaction between them and their surroundings (including authority). The rules in effect do not limit communication but actively support it. They keep their stability and mutual equilibrium for as long as possible. They need little encouragement to be active, accommodating, to exercise self-control and make use of the space that those around them (including the authorities) "offer for work". They try to find and offer solutions to work problems and to help their colleagues selflessly.

6. Word schemes

In this chapter you will learn what value the coach attached to words during the diagnostics process. For a common and effective work it is possible to use the words from the categories of Satisfiers and Motivators, Operators and Stressors. Ideals and Destructors are hardly possible to use for the common and effective work. The coach has to use a lot of energy for using Ideals and Destructors and it can be too exhausting.

6.1 Sport words

IDEALS	SATISFACTORS AND MOTIVATORS	OPERATORS	STRESSORS	DESTRUCTORS
Transfers, Colleague, Theoretical knowledge of sport, Career, My club, Meeting, Coach, Rules in sport, Bonuses, My team, Training, Strategy	I coach, Tactical preparation, Spectators, Match, Test of physical skills, Compensation, Referee, Lifestyle, Nutrition, Match jersey, Salary, Assistant coach, Regeneration, Coaching staff, Fitness of an athlete, Athlete	Overtime, Field, Training camp, Press conference, Press interviews	Weight lifting, Club facilities	Doping

6.2 Work words

IDEALS	SATISFACTORS AND MOTIVATORS	OPERATORS	STRESSORS	DESTRUCTORS
I can, I am allowed to, Control, I do sports, I lead, I decide, Time, Speed, Experiencing, I create, Risk, Success, Competition, Money, Self-regulation	People, My will, Cooperation, I hear, Obligations, I think, Change, I speak, Computers, My intuition, My mistakes, My work, I want, Responsibility, I feel, I see, I organize, Independent, Reality	Information, I am aggressive, Property, Advisor	My fear	Strain, My fault, I am not allowed to, I am not able to, I am punished, I am ashamed, I don't want, Slowness, My illness, Medicine, My defense

7. A threat by risk phenomena

7.1 Passion

Uncontrolled extreme eagerness and passionate performance of activities, total addiction: "I am fully commanded by it".

Disposition
(genotype)



49,4

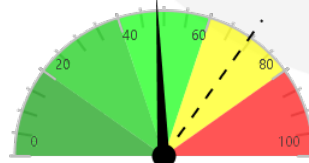
Usage
(fenotype)



15,8

7.2 Gambling

Excessive taking chances, unreal vision of profit: "a go-for-broke game".



48,6



14,9

7.3 Fierce action

Inadequate reaction, impulsiveness, rash action with no consideration of the consequences: "I let myself carry away".



39,1



36,5

7.4 Appropriation

Appropriation of something highly esteemed by the others, even though it does not belong to me. Assuming inspiration, poaching of other people's ideas: "I take it, I steal".



47,5



14,1

7.5 Non-acceptance by a group

Fear from not being accepted by the others: "Fear from refusal".



49



15,1

7.6 Regulation of satisfaction

Stimulation and lowering of pleasure: "Regulate attenuation or euphoria".



53,7



24,1

7.7 What happens when it comes to crossing the border of uncontrollability

Passion - excessive passion can lead to drug or medicine addiction.

Gambling - excessive gambling can result in a slot machine abuse, risk betting, etc.

Fierce action - can result in aggression with destructive consequences (to people, things or myself).

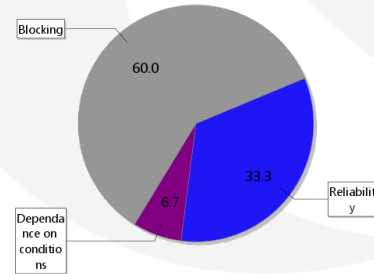
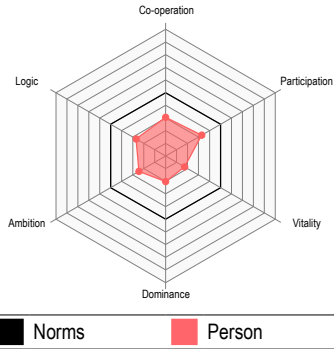
Appropriation - can result in stealing of belongings, merits, ideas.

Non-acceptance by a group - can result in excessive smoking of cigarettes

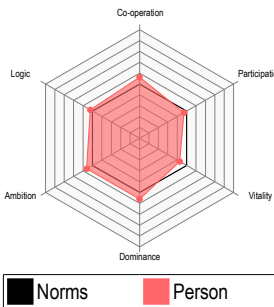
Regulation of satisfaction - overregulating satisfaction can lead to alcoholism

8. Coach and stress

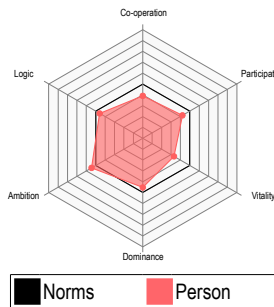
This chapter shows what types of behavior the coach uses to deal with work tasks and situations when he or she is under stress. Compare values from this chapter with Chapter 4 and find the difference between coach's behavior without stress and under stress.



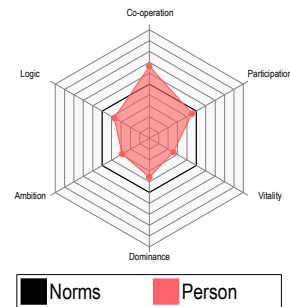
8.1 Stress in sport



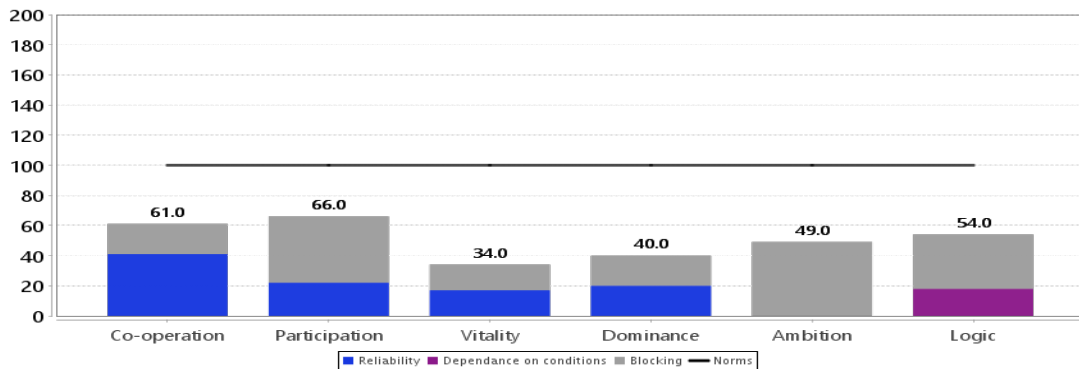
8.2 Stress in work



8.3 Personal stress



8.4 Reliability, dependance on conditions, blocking



8.5 What do I perceive as stress?

Internal: My fear, My fault, I am punished, My illness, I am aggressive

External: Medicine, Slowness, I am not able to, Strain, I don't want, I am not allowed to

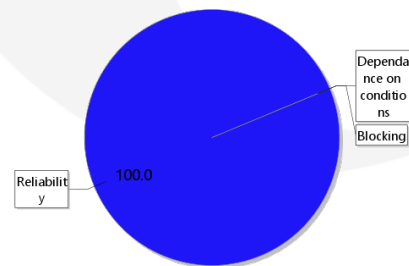
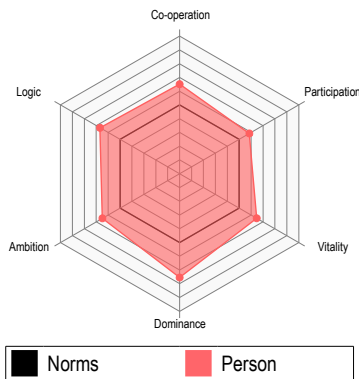
8.6 What do I not perceive as stress?

Internal: My mistakes

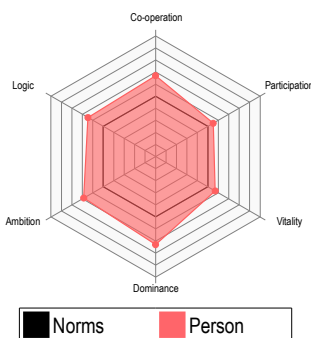
External: Risk

9. Coach and change

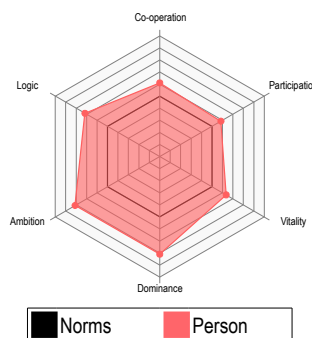
This chapter shows what types of behavior the coach chooses during a significant change in work tasks, change of job, club reorganization or changes in personal life. Compare this chapter with chapters 2 and 6. Compare the differences between the normal functioning of people and functioning under stress or during significant changes (in life, at work, in personal life).



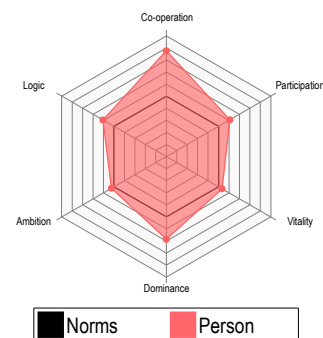
9.1 Changes in sport



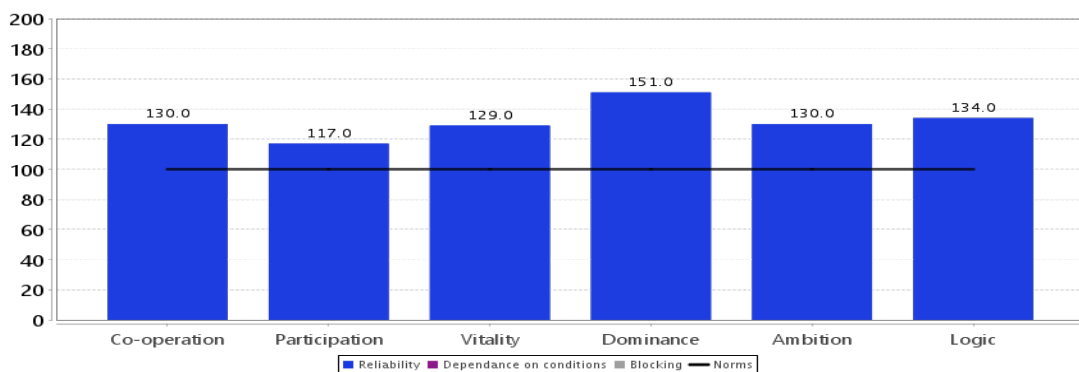
9.2 Changes at work



9.3 Personal changes



9.4 Reliability, dependance on conditions, blocking



9.5 What motivates me to change?

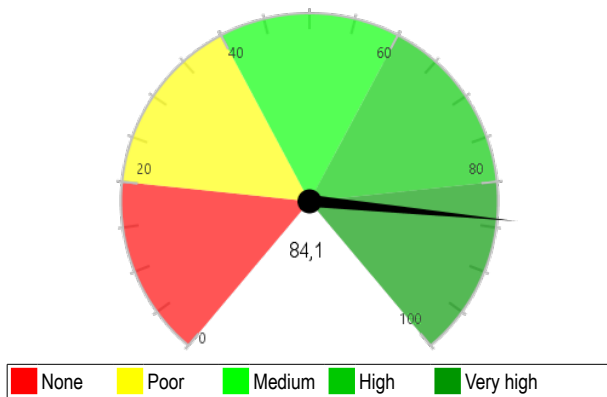
Internal: Reality, Change, Speed, Time, My intuition, Self-regulation, My will

External: Advisor, Responsibility, Control, Competition, Property, Obligations, Money, Computers

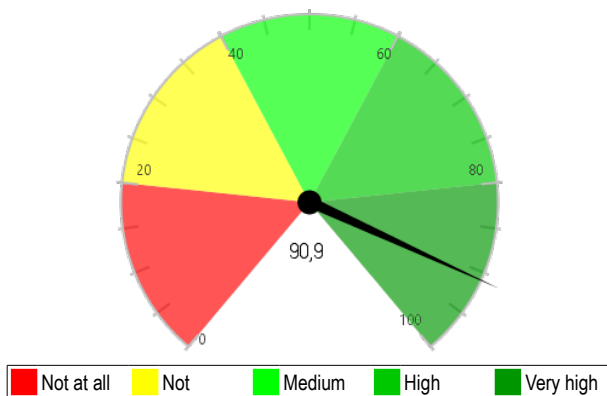
10. Coach in sport

This chapter shows how strong a relationship the coach has to sport. Each of the five individual factors are shown at a single gauge. Indicators in red show critical status, indicators in green mean potential usage.

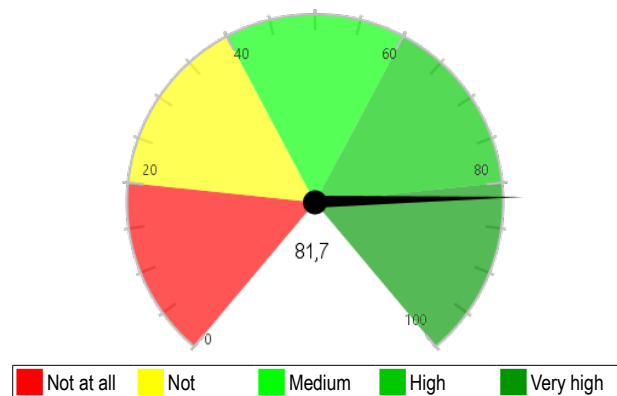
10.1 Identification with sport



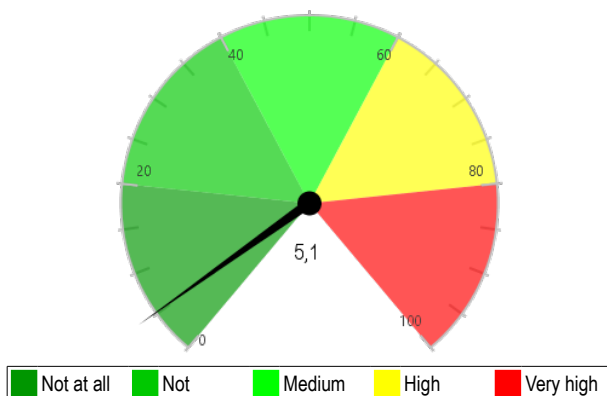
10.2 Performance in sport activities



10.3 The use of information in sport



10.4 Stress in sport



10.5 Adaptability to changes in sport

