



**SPORT**   
**PROFILEO**

**REPORT FOR NINA SPORT**

## THE PAQ 180

### WHAT IS THE PAQ 180?

The PAQ 180 is an **assessment tool for elite-level athletes**. It measures **9 mental and behavioral skills**. The PAQ 180 results are based on athletes' self-perception as well as on the feedback from those working with them. The PAQ 180 was developed with the help of elite athletes and experts in sports psychology and psychometrics.

### IN WHAT CASES SHOULD THE PAQ 180 BE USED?

The use of the PAQ 180 is recommended in the following situations:

- **Performance management:** athlete coaching and training
- Improvement in the **relationship between athlete and coach**
- **Career Guidance** services for athletes

### PRECAUTIONS

- The PAQ 180 may only be used by individuals working in the field of sports who have been specifically **trained** in its use.
- The PAQ 180 results are valid for a period of **24 months**: beyond this period, it is recommended that the questionnaire be administered again in order to ensure a valid profile.
- This report is **confidential**. It is intended only for the individual(s) in charge of the assessment process and the athlete himself/herself. Sport Profileo is not responsible for the way in which these recipients use the report.
- The information in this report may be of a **sensitive** nature and must be stored in a safe location.

## INTERPRETING THE REPORT

### REPORT STRUCTURE

The report contains 4 sections:

- A **global profile** providing an overview of the athlete's skills.
- A **detailed profile** that sets out all the results for each skill.
- The **list of items** for which the athlete gets the highest scores (Top 7), and the list of items for which he/she gets the lowest scores (Bottom 7).
- The answers provided by the athlete's assessors to the following **questions**: « *In your opinion, what are this athlete's mental and behavioral strengths?* » and « *Conversely, what would you suggest that he or she do in order to improve from a mental and behavioral standpoint?* »

### INTERPRETING THE SCORES

In this report, scores are presented on a **scale of 0 to 6**.

These scores directly reflect the answers provided by the respondents to the following question: « *What is your level of agreement or disagreement with these statements about this athlete?* ».

The equivalence between the scores and the answers given to this question is provided in the table below.

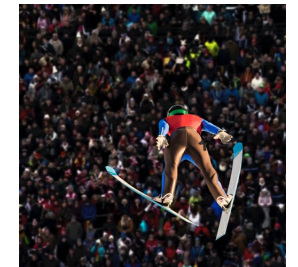
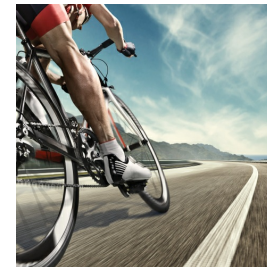
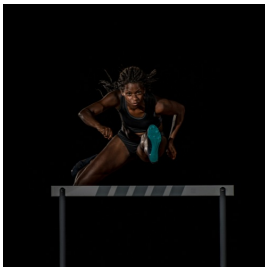
0 Strongly disagree	1 Disagree	2 Slightly disagree	3 Neither agree nor disagree	4 Slightly agree	5 Agree	6 Strongly agree
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The **items scores** displayed in the report are calculated by giving an equivalent weight to each answer and by excluding the self-assessment.

## PAQ 180 PARTICIPANTS

The following persons have participated in the PAQ 180 assessment of Nina Sport:

CATEGORIES	NUMBER	NAMES
COACHES AND STAFF	2	Franck DUCHEMIN, Marina POMOVA
OTHER ATHLETES	3	Sonia SALIHOU, Louane LEFILS, Clémence NDORAM



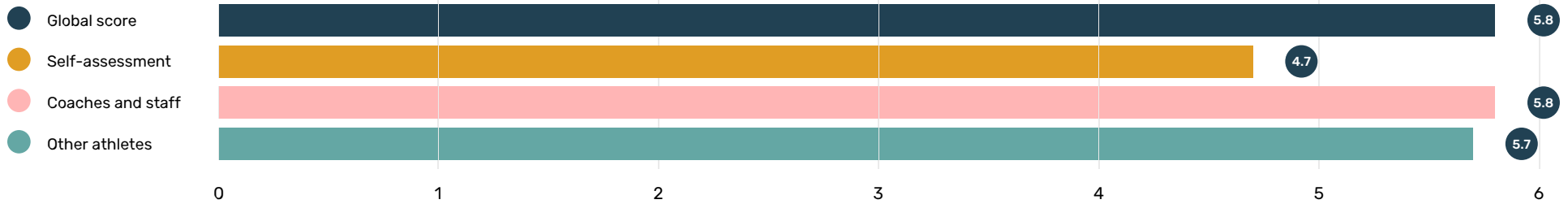
## GLOBAL PROFILE

SKILLS	DEFINITIONS	SCORES
COMMITMENT	Making every effort necessary to achieve one's athletic goals.	5.8
ALTRUISM	Listening to, helping and encouraging other athletes.	5.5
AUTONOMY	Autonomously managing one's career, training, and competition periods.	5.1
STRATEGIC ANALYSIS	Performing an in-depth analysis of one's own performance and that of one's opponents. Developing strategies to achieve one's goals.	5.1
DISCIPLINE	Implementing coaches' decisions and instructions.	4.9
LEADERSHIP	Having an influence on other athletes.	4.3
ADAPTABILITY	Easily adapting to changes in one's environment.	4.2
SELF-CONFIDENCE	Having confidence in one's ability to achieve one's athletic goals, meet the challenges of training, and succeed in competition.	3.0
SERENITY	Remaining calm and collected in potentially stressful situations.	2.6

# COMMITMENT

Making every effort necessary to achieve one's athletic goals.

## RESULTS BY ASSESSOR CATEGORY



## ITEM SCORES

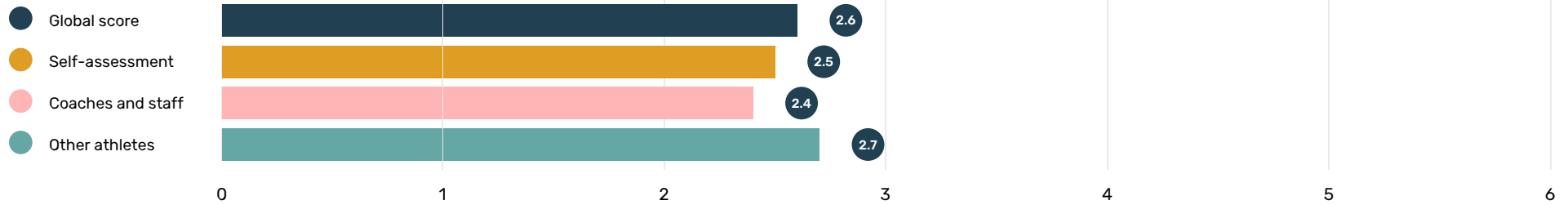
	●	●	●	●
Systematically gives the best of himself/herself during training sessions.	6.0	5.0	6.0	6.0
Works extremely hard to achieve his/her athletic goals.	5.8	6.0	6.0	5.7
Is extremely serious when preparing for competitions.	5.8	5.0	6.0	5.7
Has an absolutely impeccable and healthy lifestyle (diet, sleep, recovery).	5.8	3.0	6.0	5.7
Makes every necessary sacrifice to succeed at the highest level of the sport.	5.8	5.0	5.5	6.0
Does absolutely everything possible to achieve his/her sports goals.	5.4	4.0	5.5	5.3

Caption: non-observed = [ - ]

## SERENITY

Remaining calm and collected in potentially stressful situations.

### RESULTS BY ASSESSOR CATEGORY



### ITEM SCORES

	●	●	●	●
Is very good at handling the pressure that friends and family sometimes put on him/her.	3.2	1.0	3.0	3.3
Keeps a cool head during competitions.	3.0	3.0	3.0	3.0
Remains in control of his/her nerves during competitions, even in the most critical situations.	2.8	2.0	2.5	3.0
Handles pressure from the media and the public very well.	2.8	3.0	2.5	3.0
Is very calm and collected prior to major sporting events.	2.0	3.0	1.5	2.3
Is extremely good at relaxing after a competition.	1.8	3.0	2.0	1.7

Caption: non-observed = [ - ]

## TOP 7 ITEMS

RANKING	ITEM	SCORE
1	Systematically gives the best of himself/herself during training sessions. <i>(commitment)</i>	6.0
2	Is very good at comforting his/her partners. <i>(altruism)</i>	5.8
3	Is extremely serious when preparing for competitions. <i>(commitment)</i>	5.8
4	Makes every necessary sacrifice to succeed at the highest level of the sport. <i>(commitment)</i>	5.8
5	Works extremely hard to achieve his/her athletic goals. <i>(commitment)</i>	5.8
6	Has an absolutely impeccable and healthy lifestyle (diet, sleep, recovery). <i>(commitment)</i>	5.8
7	Is particularly attentive to the needs of other athletes. <i>(altruism)</i>	5.6



## BOTTOM 7 ITEMS

RANKING	ITEM	SCORE
54	Is extremely good at relaxing after a competition. <i>(serenity)</i>	1.8
53	Is very calm and collected prior to major sporting events. <i>(serenity)</i>	2.0
52	Is deeply confident in his/her ability to succeed during a competitive event. <i>(self-confidence)</i>	2.2
51	Has strong confidence in his/her ability to achieve his/her sporting goals. <i>(self-confidence)</i>	2.4
50	Remains in control of his/her nerves during competitions, even in the most critical situations. <i>(serenity)</i>	2.8
49	Handles pressure from the media and the public very well. <i>(serenity)</i>	2.8
48	Before a competition, believes in his/her talent to make a difference. <i>(self-confidence)</i>	2.8

## VERBATIM

### IN YOUR OPINION, WHAT ARE THIS ATHLETE'S MENTAL AND BEHAVIORAL STRENGTHS?

"Son engagement au quotidien. Elle est toujours la première à arriver à l'entraînement et la dernière à en repartir.

Son recul aussi : le staff s'appuie beaucoup sur elle dans la préparation et le débrief des compétitions."

"C'est très agréable d'évoluer dans le même groupe que Nina. Elle est toujours attentionnée envers les filles. Elle pense aux anniversaires. Elle a même souvent un mot sympa pour les remplaçantes."

"Ce que j'aime chez Nina, c'est que c'est une winner.

Elle est toujours à 200%, aussi bien à l'entraînement qu'en match.

Sa passion du handball est dévorante et tire tout le groupe vers le haut."

"Son humour.

Sa générosité.

Sa rigueur.

La finesse de ses analyses post-match."

"Nina est l'une des leaders du groupe. Elle a toujours un mot d'encouragement pour ses coéquipières.

Elle montre l'exemple par sa détermination. Elle y croit jusqu'au bout et se donne à 200%, même dans les dernières minutes d'une partie mal embarquée.

Elle se remet en question et ne cherche pas de fausses excuses en cas de contre-performance."

## VERBATIM

### CONVERSELY, WHAT WOULD YOU SUGGEST THAT HE OR SHE DO IN ORDER TO IMPROVE FROM A MENTAL AND BEHAVIORAL STANDPOINT?

"Nina doit développer sa confiance en elle. Alors qu'elle est une des joueuses les plus confirmées, elle est aussi celle qui se pose le plus de questions. Et souvent trop, ça joue sur sa sérénité et sa concentration.

Elle doit se montrer plus ouverte aussi au feedback du staff. Elle est tellement perfectionniste qu'elle prend chaque remarque comme une remise en question."

"Sa gestion du stress, sans aucun doute. Surtout avant les matchs. Mieux dormir pour arriver au top de sa forme le Jour J :-)"

"J'ai remarqué que Nina pouvait être destabilisée par les imprévus et les changements. Elle a besoin de tout contrôler, et quand ca ne se passe pas comme elle l'imaginait, elle peut perdre ses moyens."

"De penser plus à elle !

A force de prendre tous les problèmes des autres sur ses épaules, elle s'épuise."

"Faire attention quand elle s'exprime à chaud après une défaite. Sous le coup de la déception, elle peut avoir des mots durs envers elle-même et envers les autres. Je ne suis pas sûre qu'elle en ait conscience."



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