



REPORT FOR ERIKA SPORT

THE PROFILEO ATHLETE QUESTIONNAIRE

WHAT IS THE PAQ?

The Profileo Athlete Questionnaire (PAQ) is a self-assessment questionnaire on the skills and motivational drivers of **elite athletes**. It measures **9 mental and behavioral skills**, as well as **6 motivational drivers**. The PAQ was developed with the help of elite athletes and experts in sports psychology and psychometrics.

IN WHAT CASES SHOULD THE PAQ BE USED?

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

- **Performance** management
- Improvement in the **relationship between athlete and coach**
- **Recruitment** and selection of athletes
- **Career Guidance** services for athletes

PRECAUTIONS

- The PAQ may only be used by individuals working in the field of sports who have been specifically **trained** in its use.
- The results of the PAQ 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.
- If the PAQ is used for the purposes of recruiting and selecting athletes, we recommend using it in conjunction with **other assessment methods** (e.g. interviews and simulation exercises).
- This report is **confidential**. It is intended only for the individuals(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

STRUCTURE OF THE REPORT

The report contains 3 sections:

- A **global profile** providing an overview of the athlete's skills and motivations.
- A **detailed skills profile** that sets out all the results for each skill.
- A **detailed motivational profile** that sets out all the results for each motivational driver.

INTERPRETING THE SCORES

In this report, scores are presented on a **scale of 1 to 10**.

These scores are not ratings but indicate how the individual responding to the assessment compares to a population of high-level athletes.

- A score **between 1 and 3** means that he or she draws **less** on the dimension in question than other high-level athletes.
- A score **between 4 and 7** means that he or she draws **as much** on the dimension in question as other high-level athletes.
- A score **between 8 and 10** means that he or she draws **more** on the dimension in question than other high-level athletes.

The reference population used for this report is: 2022 PAQ norm

INTERPRETING THE INDICES

There are many ways to answer a self-assessment questionnaire. Two indices provide information on the way in which the athlete completed the questionnaire in comparison to others:

- **The coherence index** indicates the extent to which the individual completing the questionnaire has communicated a **clear and consistent picture** of his/her skills and motivational drivers through the responses to the PAQ. The closer the indicator is to 10, the more the athlete has provided a clear and consistent image of how he or she operates through his/her answers to the questionnaire.
- **The positivity index** indicates the extent to which the athlete has communicated a **positive image** of his/her skills and motivational drivers. The closer the indicator is to 10, the more the athlete has provided a positive image of how he or she operates through his/her answers to the questionnaire.



GLOBAL PROFILE

SKILLS PROFILE

SKILLS	DEFINITIONS	1	2	3	4	5	6	7	8	9	10
SELF-CONFIDENCE	Having confidence in one's ability to achieve one's athletic goals, meet the challenges of training, and succeed in competition.					●					
SERENITY	Remaining calm and collected in potentially stressful situations.	●									
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.									●	
LEADERSHIP	Having an influence on other athletes.					●					
ALTRUISM	Listening to, helping and encouraging other athletes.								●		
AUTONOMY	Autonomously managing one's career, training, and competition periods.									●	
DISCIPLINE	Implementing coaches' decisions and instructions.					●					
ADAPTABILITY	Easily adapting to changes in one's environment.		●								
COMMITMENT	Making every effort necessary to achieve one's athletic goals.								●		

Coherence index: **9**

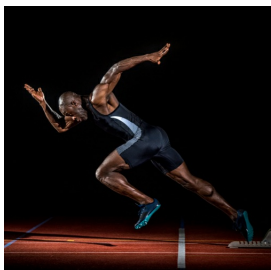
Positivity index: **5**

MOTIVATIONAL PROFILE

MOTIVATIONAL DRIVERS	DEFINITIONS	1	2	3	4	5	6	7	8	9	10
PRACTICING THE SPORT	Being passionate about one's sport and deriving intense pleasure from practicing it on a daily basis.				●						
PUSHING ONE'S LIMITS	Being motivated by progressing in one's sport and pushing oneself to the limit.						●				
COMPETITION	Deriving pleasure from comparing oneself to others and beating them.					●					
RECOGNITION FROM LOVED ONES	Seeking approval and admiration from one's family and friends.						●				
SOCIAL RECOGNITION	Seeking approval and admiration from the general public, media, and supporters.							●			
STANDARD OF LIVING	Seeking significant financial gain and a high standard of living.			●							

Coherence index: **9**

Positivity index: **5**





DETAILED SKILLS PROFILE

SELF-CONFIDENCE

Having confidence in one's ability to achieve one's athletic goals, meet the challenges of training, and succeed in competition.

SCORE

This score means that the athlete has indicated that he/she draws **as much** on this skill as other high-level athletes.

5

RESPONSES TO ITEMS

ITEM	RESPONSE
I am confident in my ability to handle the challenges given to me during a workout.	Agree
I am convinced I have all the necessary qualities to achieve my sports goals.	Agree
I trust myself to successfully tackle the toughest training sessions.	Agree
Before a competition, I believe in my talent to make a difference.	Slightly agree
I am highly confident in my ability to achieve my athletic goals.	Neither agree nor disagree
I am deeply confident in my ability to succeed during a competitive event.	Slightly disagree

SERENITY

Remaining calm and collected in potentially stressful situations.

SCORE

This score means that the athlete has indicated that he/she draws **extremely less** on this skill than other high-level athletes.

1

RESPONSES TO ITEMS

ITEM	RESPONSE
I keep a cool head during competitions.	Neither agree nor disagree
I am very good at handling the pressure that friends and family sometimes put on me.	Slightly disagree
I remain in control of my nerves during competitions, even in the most critical situations.	Slightly disagree
I feel very calm and collected prior to major sporting events.	Slightly disagree
I am extremely good at relaxing after a competition.	Disagree
I handle pressure from the media and the public very well.	Disagree



DETAILED MOTIVATIONAL PROFILE

PRACTICING THE SPORT

Being passionate about one's sport and deriving intense pleasure from practicing it on a daily basis.

SCORE

This score means that the athlete has indicated that he/she is **slightly less** motivated by this factor than other high-level athletes.

4

RESPONSES TO ITEMS

ITEM	RESPONSE
Above all else, I do this sport because it makes me feel good.	Agree
My passion for my sport is what drives me every day.	Agree
Practicing my sport makes me feel incredible.	Agree
I love my sport.	Agree
I love to play this sport, under any circumstances.	Slightly agree
Practicing my sport thrills me every day.	Slightly agree

PUSHING ONE'S LIMITS

Being motivated by progressing in one's sport and pushing oneself to the limit.

SCORE

This score means that the athlete has indicated that he/she is **as much** motivated by this factor as other high-level athletes.

6

RESPONSES TO ITEMS

ITEM	RESPONSE
It is essential for me to know that I am progressing.	Strongly agree
Pushing myself to the limit is what drives me every day.	Strongly agree
I do this high-level sport because it allows me to constantly challenge myself.	Agree
What is important to me is feeling that I am becoming a better athlete every day.	Agree
I am, above all else, motivated by improving my athletic performance.	Agree
I feel extremely satisfied when I can push my limits.	Agree



SPORT 
PROFILEO

WWW.SPORTPROFILEO.COM