



SPORT EXERCISE & PERFORMANCE
PSYCHOLOGY

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Strength Audit

Fitness

| Strength | Description |
|--------------------|---|
| Example: Endurance | Ability to maintain high performance throughout the game. |
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Strategy

| Strength | Description |
|------------------------|--|
| Example: Game Planning | Excellent at devising effective game plans and strategies. |
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Skills

| Strength | Description |
|--------------------------------|--|
| Example: Technical Proficiency | Highly skilled in executing technical moves. |
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Tactics

| Strength | Description |
|---------------------------|---|
| Example: Adaptive Tactics | Ability to adjust tactics quickly based on game flow. |
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Mindset

| Strength | Description |
|---------------------|--|
| Example: Resilience | Strong ability to bounce back from setbacks. |
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Support

| Strength | Description |
|---------------------------------|--|
| Example: Strong Support Network | Excellent support from family, friends, and coaches. |
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Step 2: Seek Feedback

| Person Consulted | Feedback on Strengths |
|-------------------|--|
| Example: Coach | Recognised for tactical adaptability and mental toughness. |
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| Example: Teammate | Highlighted excellent communication and leadership skills. |
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Step 3: Identify Super Strengths

| Super Strength | Description |
|------------------------|---|
| Example: Sprint Finish | A consistently strong finish in races, often outpacing competitors. |
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