COACHING BEHAVIOURS PROFILE

Self Assessment

Before the on-site evaluation, the candidate will complete this self-assessment form and submit it to the evaluator. After the training session, the evaluator will compare the candidate's self-assessment with the actual evaluation and discuss the results with the candidate.

Circle the appropriate number for each statement below.

KEY: 1. This is definitely a weak area for me.
2. I'm somewhat comfortable
3. I do this very well.

Coaching Task	Candidate self-assessment	Candidate's comments
▪ I use the Analyze Performance Model on a regular basis	1 2 3	
▪ I inspire athletes	1 2 3	
▪ I make effective coaching interventions	1 2 3	
▪ My training sessions include multiple training components (mental, physical, tactical, technical)	1 2 3	
▪ I regularly track athlete performance	1 2 3	
▪ I regularly communicate with parents of athletes	1 2 3	
▪ I create yearly training plans in consultation with the athlete and their family	1 2 3	
▪ I ensure I am training physical performance capacities in most training sessions	1 2 3	
▪ I use Golf's Long Term Player Development Guide as a key document in the development my coaching programs	1 2 3	
▪ I regularly review the athlete's goals and adjust the yearly training plan accordingly	1 2 3	
▪ I use other support staff to benefit my programs and athletes such as other professionals and sport scientists	1 2 3	
▪ I assist my players to recognize banned substances and educate them about drug testing	1 2 3	
▪ I look to other sports for coaching information or opportunities to professionally develop	1 2 3	