

Athlete centred	Beliefs & behaviours	Work & personal circumstances	Training needs, likes & dislikes	Athlete ability to self-reflect
Confidence & self-esteem	Honesty & confidentiality	Ground rules for relationship / contact	Athlete needs & aspirations	Coach level of competence
Mechanism for reviewing progress	Objective performance evaluation	Coach to provide challenge, enjoyment, opportunity	Athlete preferred learning style	Objective methods used to analyse performance
Action planning & goal setting capabilities	Attitude to rehab & injury management	Injury & illness – past & present	Relevant information gathered to enable good planning	Current performance level (covering all 4 pillars)

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