



**ISPAN'S Customized
PSYCHOLOGICAL EVALUATION REPORT**

Name: Shirin
Age: 17/F
Sports: Swimming
Level: Advanced
Coach: Nataraj
Academy: BAC

PSYCHOLOGICAL EVALUATION

Anxiety	Competitive behavior	Attention & Concentration	Decision Making	Memory	Problem solving	Visualization	Reaction Time	Coordination
High	Low	Moderate	Moderate	Good	Good	Good	Good	Good

Recommendation:

- Group counseling sessions
- Self-Compassion Training
- Personality development
- Integrated Mental and Physical Training:
 - Combining psychological strategies with physical training to create a holistic approach.
 - Regular sessions with a psychologist to monitor progress and adjust strategies as needed.