

## How do the world's best athletes make it to the top and stay there?

### TALENT & SKILL ARE NOT ENOUGH – EMOTIONS RUN THE SHOW IN ELITE SPORTS

To produce outstanding achievement in any sport, talent and skill are essential elements that get you in the game. But, once you're in the game, research has identified another set of factors that control the outcome and set you apart.

Athletes who have learnt a particular set of skills to manage their emotions intelligently produce consistently superior performance.

These skills are known as emotional intelligence (EQ). Exceptional physical training is not enough. Elite athletes need to win the mental and emotional game too.

#### Emotional Intelligence determines whether you:

- Are mentally tough enough to remain self-motivated and sustain your competitive energy;
- Take emotional control in response to frustration and disappointment;

- Stay mentally alert and focused to deal with distractions and stress;
- Maintain the power of purpose that enables you to reach beyond your current limits and attain your highest goals.

RocheMartin are global leaders in the science of emotional intelligence. Top clients around the world use our EQ tools and training to improve performance.

In recent years our research in sports psychology has identified the ten emotional intelligence skills that characterize the most successful athletes.

Working with athletes from elite sports associations globally, RocheMartin has developed the first scientific tool to measure these factors – the *Emotional Intelligence Sports Inventory* (ESi).

The ESi has been used by top athletes from elite sports associations in the USA, UK, Australia and Europe to take their performance to the next level.

TAKE THE  
ONLINE  
ASSESSMENT

Simply take the ten minute online assessment at [www.sportsintelligence.net](http://www.sportsintelligence.net) and download your customized 4-page report instantly to help drive your sports performance.

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