This report is created from data gathered from the same person at two different points in time. It shows on a single sten graph, the sten scores achieved on those two occasions.

The first original set of data is always shown on the upper of the pair of scales and the sten score appears in GREEN. The later set of results is shown on the lower of the pair of scales and the sten score appears in LIGHT GREEN.

The purpose is to show visually and quickly where there has been a change in the adopted style and behaviour of the individual being tested.

The most usual application is to assess the impact of a planned and delivered intervention such as training, coaching, mentoring etc.

However the report should be examined with care. We may plan and execute a particular intervention but people learn and develop all the time.

There may be other influences and factors at work which also impact on the individuals adopted style. For example, a new line manager may present a new role model to the individual, events outside of the work place may change the individuals perspective on many things, etc.

Another application for this report is to seek to assess where an individual has changed, particularly where some degree of change has been observed through casual observation.

So any assessment from the report should be coupled with a discussion to identify as many of the factors as possible which could affect preferences and behaviour.
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**SUMMARY**

**STEN GRAPH - Mrs BPS1 BPS1**

- **OVERALL MENTAL TOUGHNESS**

- **CHALLENGE**

- **COMMITMENT**

- **CONTROL**

- **Life Control**

- **Emotional Control**
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**SUMMARY**

**MTQ48**

**Distance Travelled Report**

**CONFIDENCE**

Confidence In Abilities

Interpersonal Confidence

**Life Control**

**Emotional Control**

**Confidence**

Confidence In Abilities

Interpersonal Confidence

**OVERALL MENTAL TOUGHNESS**

**CHALLENGE**

**COMMITMENT**

**CONTROL**

Life Control

Emotional Control

Confidence

Confidence In Abilities

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Distance Travelled Report

Mrs BPS1 BPS1

10 June 2009

27 May 2009