



Natural Ability Explorer

Five Work Role Directions to Consider and Explore

A personalised Year 11 career exploration report for Tom Sample

Your strongest career theme

Use disciplined, long-range thinking to solve complex real-world problems and produce visible results. Tom is likely to thrive where sport, technology or physical systems give him a concrete challenge; where he can build expertise, work with some autonomy and explain a well-considered solution.

Prepared from all three supplied resources

Tom Sample Self Discovery Report | Tom Sample Career | Tom Ability Report

Executive Summary

Tom is in Year 11 and in the exploration stage of his career cycle. He does not need to choose one permanent occupation now. His immediate task is to protect useful subject options, compare a small number of pathways and gather evidence from real tasks. His professional-rugby ambition deserves a serious plan, while a parallel career direction can strengthen rather than weaken that goal.

Priority	Role direction	Why it belongs on the list	Typical pathway
1	Sports performance analyst	Combines rugby, tactics, video, patterns, strategy and clear recommendations.	Sport science, data/analytics or related degree plus a strong analysis portfolio.
2	Strength and conditioning coach / sport scientist	Turns Tom's discipline, training focus and long-range planning into athlete development.	Exercise and sport science degree; relevant practical accreditation and experience.
3	Sports physiotherapist	Uses hands-on problem-solving, movement, anatomy and a meaningful connection to sport.	Approved physiotherapy degree and Ahpra registration; later sports specialisation.
4	Mechanical or product design engineer	Uses structural, visual and creative strengths to build sports, outdoor or performance products.	Accredited engineering degree; product-design or technologist pathways are alternatives.
5	Sports broadcast audio technician	Connects exceptional sound abilities with technical troubleshooting and live sport.	VET diploma or degree, practical credits and an audio portfolio.

Recommended strategy

Test two sport pathways first - performance analysis and strength and conditioning - then one contrasting technical pathway such as engineering or broadcast audio. Compare the daily work, subject demands and energy fit. Keep the rugby goal active, but avoid making selection by other people the only measure of future success.

Tom's Integrated Career Fit Pattern

The recommendations come from the interaction of all three resources. No single score, value or interest determines the result.

Researcher-professional style

Tom is 70% Specialist and 75% Introvert. He is likely to enjoy becoming highly knowledgeable, contributing as an expert and having protected time to think or work independently. Purposeful one-to-one and small-team contact should fit better than constant front-of-house interaction.

Long-range motivation

Time Frame Orientation is 70%. Tom naturally links present choices to goals five years or more ahead. This fits strategy, performance planning and development cycles. The watch-out is living too far in the future; weekly milestones and review points make the vision usable.

Consultative problem solving

Classification is 65% and Concept Organization 90%. Tom can identify patterns and problems quickly, then organise the logic and explain a solution. Roles should contain diagnosis, troubleshooting, planning and improvement rather than long stretches of repetitive procedure.

Exceptional idea generation

Idea Productivity is 99%. Tom can produce many alternatives and adapt explanations. This supports tactics, innovation and creative problem-solving, but he may lose focus or open too many options. A clear brief, priorities and an edit-and-finish routine will matter.

Hands-on structural intelligence

Spatial Relations Visualization is 80%, with Spatial Relations Theory at 45%. Tom wants contact with real objects, movement, tools or visible outputs and can mentally manipulate three-dimensional forms. Applied technical work is likely to feel more satisfying than abstract theory alone.

Powerful learning channels

Tonal Memory is 95%, Design Memory 80% and Rhythm Memory 70%. Tom is likely to learn well by listening, diagrams, demonstrations and physically walking through a process. Verbal Memory is 35%, so reading-only study should be reinforced with audio summaries, visual maps and active practice.

Sound, sensory and creative precision

Pitch Discrimination is 85%, supported by strong Tonal Memory and Rhythm Memory. This is unusually relevant to music and audio technology and may also support fine sensory judgement in practical work. The Career resource identifies visual-technical, hands-on, structural and culinary creation patterns.

Accuracy watch-out

Visual Speed is 78% while Visual Accuracy is 13%. Tom may scan quickly but miss symbols or details when rushing. This does not rule out technical, health or data work; it makes checklists, deliberate second passes, peer review and slowing down on safety-critical steps essential compensating habits.

Values and interests

Tom selected Excellence, Growth and Discipline, each grounded in his rugby development. His strongest interests are Sport, Friends and Outdoors. These point toward measurable improvement, physical engagement, team belonging and challenge, while his introverted style suggests a role with focused individual contribution inside a purposeful team.

Goals and current barrier

Tom's stated goals are the Queensland Reds, playing rugby in Europe and the Wallabies. His plan already recognises controllable actions - training, diet, attitude, pre-season work and coachability - and uncontrollable outcomes such as selection. The useful belief shift is from "my future depends on being chosen" to "I can build several forms of progress and expertise while pursuing elite rugby."

Key interpretation

Tom's best-fit work is likely to be expert, applied and improvement-oriented: analyse a real system, generate options, make a plan, act on it and see the result. Sport is the clearest current context, but engineering and live technical production use much of the same underlying pattern.

1 Sports Performance Analyst

Leading fit | Rugby + tactics + video + evidence

Performance analysts turn training and match information into decisions. In rugby, this can mean coding video, identifying patterns in attack or defence, preparing opposition reports and presenting concise recommendations to coaches and players.

Why it may fit Tom

- Sport and rugby supply authentic motivation.
- Classification supports rapid pattern detection.
- Concept Organization supports tactics, reports and long-range plans.
- Design Memory supports video, field maps and visual dashboards.
- Specialist-introvert style suits focused analysis inside a team.

Typical responsibilities	Code match and training footage; tag events; build dashboards and visual reports; analyse tactics, workload and opposition; quality-check data; brief coaches or small player groups; maintain video and analysis systems.
Work settings	Professional clubs, institutes of sport, schools, universities, performance consultancies and technology suppliers. Work mixes independent screen-based analysis with training-ground observation, team meetings, travel and competition schedules.
Education requirements	There is no single regulated route. Common foundations include sport and exercise science, performance analysis, data analytics, biomechanics or computer science. Employers also value rugby knowledge, video-analysis software, statistics and a portfolio of clear match reports.
Projected growth	No stable Australian projection isolates this small hybrid title. Useful proxies are Professionals +21.4%, Information Media and Telecommunications about +13%, and Arts and Recreation Services about +11% from May 2025 to May 2035.
Potential impact of AI	High augmentation. Computer vision and AI will automate tagging, tracking, clips and pattern suggestions. Human value shifts toward asking the right tactical question, checking data quality, understanding team context, explaining meaning and earning coach trust.
Fit caution	The role contains substantial screen time and meticulous checking. Tom's low Visual Accuracy means he should test whether deliberate verification routines make coding and data work sustainable.

Low-risk reality test: Analyse one recorded rugby match: define three questions, code 20-30 events, create two visual findings and give a five-minute coach-style briefing. Ask for feedback on usefulness and accuracy.

2 Strength and Conditioning Coach / Sport Scientist

Direct values fit | Excellence + growth + disciplined training

Strength and conditioning practitioners plan, coach and monitor physical development. A sport scientist may add testing, research, workload data and biomechanics. The direction closely matches Tom's focus on measurable progress, pre-season preparation and long-term athlete development.

Why it may fit Tom

- Excellence, Growth and Discipline are central to the work.
- Long-range thinking supports periodised training plans.
- Rhythm and spatial abilities support movement coaching.
- Problem-solving supports program adjustment and injury-risk decisions.
- Rugby experience provides credibility and context.

Typical responsibilities	Assess movement, strength, speed and conditioning; design and coach programs; monitor workload and recovery; maintain testing data; adapt plans with coaches and health staff; teach safe technique; review progress against performance goals.
Work settings	Professional and community clubs, schools, gyms, universities, institutes of sport, private performance centres and field-based training environments. Hours often include early mornings, evenings, weekends and competition travel.
Education requirements	A bachelor degree in exercise and sport science is a strong foundation. Sport-specific employers may expect recognised strength-and-conditioning accreditation and supervised practical experience. Clinical exercise physiology is a separate accredited pathway with additional standards and 500 practical hours.
Projected growth	No single projection covers this mixed title. Useful proxies are Professionals +21.4%, Education and Training about +12%, Arts and Recreation Services about +11%, and Health Care and Social Assistance about +23% to 2035.
Potential impact of AI	Moderate-to-high augmentation. AI and wearables can suggest programs, flag trends and automate reporting. Safe technique, motivation, observation, trust, context and real-time adaptation to an athlete remain strongly human.
Fit caution	Coaching requires more repeated interpersonal energy than Tom may prefer. He should compare small-group specialist coaching and sport-science analysis with highly social gym-floor roles.

Low-risk reality test: Shadow a school or club S&C; coach for two sessions. Build a four-week development plan for one measurable target, then review it with a qualified practitioner for safety, logic and communication.

3 Sports Physiotherapist

Strong applied health fit | Movement + diagnosis + hands-on results

Physiotherapists assess movement and pain, form clinical hypotheses and guide rehabilitation. A later sports focus could keep Tom close to teams and athlete performance while using his hands-on, analytical and planning strengths.

Why it may fit Tom

- Hands-on structural work produces tangible progress.
- Consultative problem-solving fits assessment and treatment planning.
- Long-range thinking supports staged rehabilitation.
- Sport and movement provide sustained interest.
- One-to-one work may fit better than constant large-group interaction.

Typical responsibilities	Assess movement, strength, pain and function; develop rehabilitation plans; use exercise and hands-on techniques; educate patients; document care; communicate with doctors, coaches and families; support return-to-play decisions.
Work settings	Private clinics, hospitals, community health, rehabilitation centres, schools and sports teams. Work is active and people-facing, with one-to-one appointments, clinical records and sometimes evenings, weekends or travel.
Education requirements	Complete an Ahpra-approved physiotherapy program - commonly a four-year bachelor degree or an approved graduate-entry program - and meet registration requirements. Sports expertise is developed through experience and further professional learning.
Projected growth	Strong surrounding outlook: Health Care and Social Assistance is projected to grow about 23%, and Professionals 21.4%, nationally from May 2025 to May 2035. The exact physiotherapy rate may differ.
Potential impact of AI	Moderate augmentation. AI can help with notes, exercise libraries, motion measurement and decision support. Physical examination, touch, safety, patient motivation, clinical accountability and nuanced return-to-play judgement remain human-led.
Fit caution	The degree is academically demanding and the job includes close, continuous patient contact and precise documentation. Tom should test anatomy study and clinical interaction, and use accuracy checklists from the beginning.

Low-risk reality test: Interview a sports physiotherapist and observe a clinic if permitted. Try an anatomy or biomechanics module using audio, diagrams and movement, then reflect on whether the science and patient work both hold attention.

4 Mechanical or Product Design Engineer

Best non-sport technical pathway | Build, test and improve

Mechanical and product design engineers develop physical systems and products. Tom could aim toward sports equipment, wearables, protective gear, rehabilitation devices, outdoor products, manufacturing or performance technology.

Why it may fit Tom

- Spatial Visualization supports components and three-dimensional form.
- Concept Organization supports planning and systems logic.
- Idea Productivity supports alternative designs.
- Specialist drive supports technical mastery.
- Excellence and Growth fit testing and refinement.

Typical responsibilities	Define requirements; create CAD models; analyse mechanisms, materials and loads; build or specify prototypes; run tests; diagnose failures; improve safety and performance; document decisions; work with manufacturers and users.
Work settings	Engineering consultancies, manufacturers, sports and outdoor brands, medical-device firms, mines, transport, defence, research labs and start-ups. Work combines computer modelling, workshops, test sites and project meetings.
Education requirements	Professional engineers commonly complete a four-year Engineers Australia-accredited degree. Three-year engineering-technology and two-year associate pathways can lead to more applied roles. Product or industrial design offers a more portfolio-led alternative.
Projected growth	Useful broad proxies are Professionals +21.4%, Professional, Scientific and Technical Services about +19%, and Manufacturing about +12% from May 2025 to May 2035. The exact specialty and region will vary.
Potential impact of AI	High augmentation. AI will accelerate CAD options, simulation, documentation and fault detection. Human responsibility remains in requirements, physical testing, safety, trade-offs, regulatory judgement and deciding whether a generated design works in the real world.
Fit caution	Engineering requires mathematics, physics and precision. Tom's structural strengths support the work, but he should test course content and deliberately slow down for calculations, drawings and safety-critical checks.

Low-risk reality test: Complete a small sports-equipment redesign: identify a user problem, sketch alternatives, make a simple CAD model or prototype, test it and document one revision. Compare engineering and product-design course subjects.

5 Sports Broadcast Audio Technician

Distinctive wildcard | Live sport + sound + technical systems

Broadcast audio technicians capture, route and mix sound for live sport, television, streaming, radio and venue production. This pathway gives Tom's exceptional tonal memory and pitch discrimination a serious technical outlet while keeping him close to sporting events.

Why it may fit Tom

- Tonal Memory 95% and Pitch 85% are strong differentiators.
- Hands-on spatial ability supports equipment and signal flow.
- Diagnostic problem-solving fits live faults and time pressure.
- Rhythm Memory supports timing and active production work.
- Specialist style supports technical expertise behind the scenes.

Typical responsibilities	Set up microphones, intercoms, consoles and cabling; check signal paths; balance commentary, crowd and field sound; monitor levels; diagnose faults under time pressure; record and label assets; coordinate with directors and camera crews.
Work settings	Stadiums, outside-broadcast trucks, television and radio studios, live-stream teams, event companies, theatres and freelance productions. Work is practical and collaborative, with travel, irregular hours and nights or weekends.
Education requirements	A VET qualification or degree in audio, live production, screen/media or sound engineering can build core skills. Practical credits, safe equipment handling, networking and a portfolio often matter as much as the credential.
Projected growth	Exact audio occupations are small and competitive. Broad Australian proxies are Information Media and Telecommunications about +13% and Arts and Recreation Services about +11% from 2025 to 2035.
Potential impact of AI	High task change. AI can clean noise, automate levels, separate sources, create highlights and assist metadata. Live setup, fault recovery, editorial taste, rights, safety and responsibility for the final broadcast remain human strengths.
Fit caution	This is project-based work with irregular hours and uncertain early income. Tom should test whether he enjoys equipment setup, repetition and crew communication as much as the sound and sport atmosphere.

Low-risk reality test: Volunteer on sound for a school match, performance or livestream. Record a short sports commentary mix, troubleshoot one deliberate signal problem and ask a technician about entry-level work and schedules.

How the Five Directions Compare

These ratings are interpretive and include genuine friction points. They guide what Tom should test first; they do not predict success or replace direct experience.

Direction	Overall fit	Sport link	Hands-on	People load	Study load	AI outlook
Performance analyst	Very high	Very high	Moderate	Moderate	Moderate-high	Strong with AI
S&C; / sport science	Very high	Very high	Very high	High	High	Human-led coaching
Sports physiotherapy	High	High	Very high	High	Very high	Clinically resilient
Engineering / product design	High	Optional	High	Moderate	Very high	Highly augmented
Sports broadcast audio	High; portfolio risk	High	High	Moderate	Flexible	Rapidly changing

Recommended 90-Day Confidence Plan

Weeks 1-2 Protect options

Check Year 12 prerequisites for sport science, physiotherapy and engineering in the states Tom may study in. Keep the highest sustainable mathematics and science subjects required by the pathways he genuinely wants; investigate bridging routes before dropping an option.

Weeks 3-4 Meet three professionals

Interview a performance analyst, an S&C; coach or sport scientist, and one contrasting professional - physiotherapist, engineer or audio technician. Ask what fills an ordinary week, what students misunderstand and how AI is changing junior work.

Weeks 5-8 Produce evidence

Complete one match-analysis report and one four-week training or design project. Finish, check and present each project. Track enjoyment of the less exciting parts: data cleaning, documentation, revisions, client contact and accuracy checks.

Weeks 9-10 Run a study reality check

Sample first-year anatomy/physiology, statistics and engineering mathematics. Use Tom's best learning channels: recorded explanations, diagrams, demonstrations and movement. Judge the subject after using the right method, not after reading alone.

Weeks 11-12 Choose a pathway family

Select one primary family and one contrasting backup for deeper exploration. Decide the next six-month action: work experience, open day, portfolio, short course, software project, mentor conversation or relevant volunteer role.

Confidence rule

Confidence should come from evidence: "I have tried the core tasks, investigated the difficult subjects and know what I want to test next." Tom can pursue rugby at a high level while building a parallel area of expertise; these are compatible goals, not competing identities.

Sources and Notes

Personalised evidence - all three resources used

This report integrates Tom Sample Self Discovery Report, Tom Sample Career and Tom Ability Report. The Self Discovery Report supplied the integrated personal style, strengths, specialised abilities, selected values, interests, limiting-belief reflection and rugby goals. The Career resource supplied eight matched work patterns and occupational families, including Planning - Hands-on, Specializing - Hands-on, Troubleshooting - Hands-on, Problem Solving - Hands-on Consultative, Creating - Visual Technical, Creating - Culinary Arts, Specializing - Structural Consultative Problem Solving and Troubleshooting - Structural Diagnostic. The Ability Report supplied the percentile scores, detailed learning preferences and accuracy cautions.

Stage note

The supplied Self Discovery Report records Tom as Year 10 at the time of that reflection; the current brief identifies him as Year 11. This report uses the current Year 11 stage while treating the earlier goals and reflections as relevant evidence to confirm and update.

Australian labour-market outlook

Jobs and Skills Australia projects total national employment growth of 13.3% from May 2025 to May 2035. Relevant broad projections used here include Professionals +21.4%, Health Care and Social Assistance about +23%, Professional, Scientific and Technical Services about +19%, Information Media and Telecommunications about +13%, Manufacturing about +12%, Education and Training about +12%, and Arts and Recreation Services about +11%. Small and hybrid occupations may not have stable standalone forecasts, so broad proxies are clearly labelled.

- [Jobs and Skills Australia - 2025 Employment Projections](#)
- [Jobs and Skills Australia - Australia's AI Transition](#)
- [Exercise and Sports Science Australia - Exercise Physiology Pathways](#)
- [Australian Strength and Conditioning Association - Courses and Accreditation](#)
- [Ahpra - Approved Programs of Study](#)
- [Engineers Australia - Accreditation](#)

How to read the growth and AI sections

JSA states that its projections are indicative rather than precise forecasts and do not incorporate generative-AI effects. Its national AI study finds that current Gen AI is more likely to augment human work than replace it. The role-level AI notes are reasoned task assessments: routine tagging, drafting and pattern detection are more exposed; safety, physical work, accountability, live judgement and trusted relationships are more resilient.

Important limitations

This is an exploration guide, not a psychological diagnosis, selection forecast or employment guarantee. Course prerequisites, accreditation, registration and local job conditions change. Tom should verify current requirements directly with education providers and professional bodies before subject or enrolment decisions.

Final perspective: Tom's rugby ambition is a genuine source of direction, discipline and evidence about how he works. His broader strengths also create durable options in analysis, athlete development, rehabilitation, engineering and live technical production. The next best decision is not a permanent title; it is the most informative real-world test.