



ReflectiveHorizon Private Limited

Report Prepared For



13 Years



gmail.com

Career Report for 8th, 9th or 10th

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PREFACE

Dear Vidhit,

We, on behalf of ReflectiveHorizon Private Limited, congratulate you on availing the Career Planning Assessment.

We understand your career worries. ReflectiveHorizon Private Limited caters to your unique needs by providing complete career planning - helping you get more out of life and ensuring a better tomorrow. Our researchers are committed to offering solutions aligned with our vision of delivering the best career and education planning services to those who need it most.

Our customized planning gives direction and meaning to your education and career decisions. By analyzing your career goals, interests, feasibility, and current status, we create a strategy to help you achieve your aspirations.

In this journey, we look forward to your support and feedback.

Thanking you,

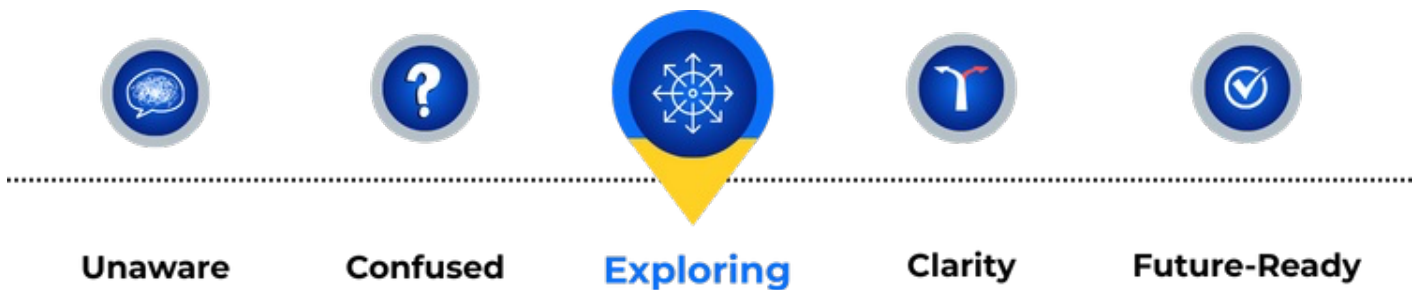
Team ReflectiveHorizon Private Limited



YOUR PROFILING

Personal profiling is the first step in career planning. The purpose of profiling is to understand your current career planning stage. It will help decide your career objective and roadmap. The ultimate aim of the planning is to take you from the current stage of career planning to the optimized stage of career planning. Personal profiling includes information about your current stage, the risk involved and action plan for your career development.

Current Stage of Planning



Exploring

Exploring: You are at the Exploring stage in career planning. We understand that you have a fair idea of your suitable career. At this stage, you have a better understanding of career options. However, you are looking for more information to understand the complete career path for yourself and an execution plan to achieve it. Lack of complete information and execution plan can adversely impact your career. Most career decisions are based on limited information

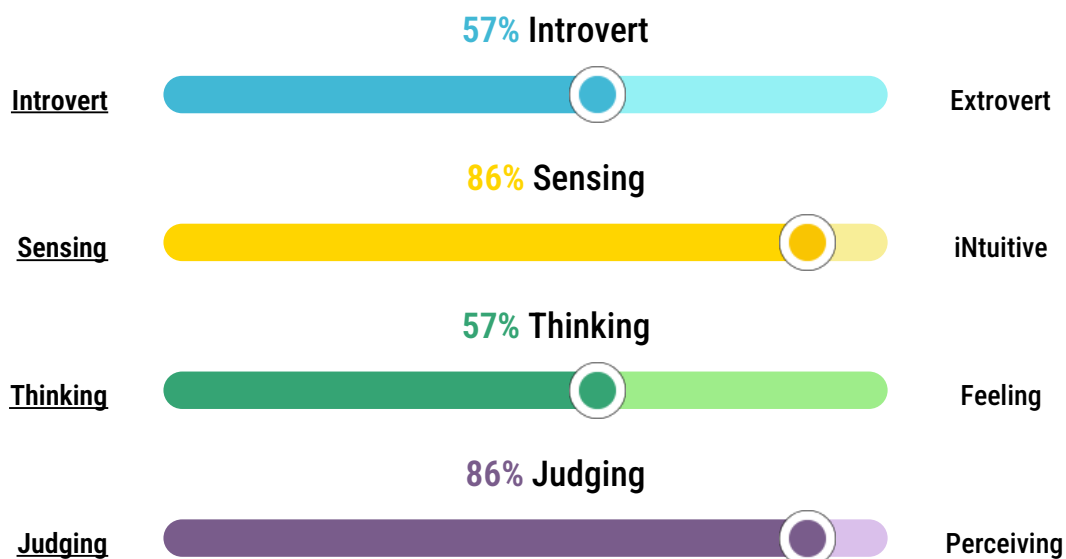
Risk Involved: Career misalignment, career path misjudgment, wrong career path projections, unnecessary stress

Action Plan : Explore career path > Align your abilities and interests with the best possible career path > Realistic Execution Plan > Timely Review of Action Plan

RESULT OF THE CAREER PERSONALITY

Personality Assessment will help you understand yourself as a person. It will help you expand your career options in alignment with your personality. Self-understanding and awareness can lead you to more appropriate and rewarding career choices. The Personality Type Model identifies four dimensions of personality. Each dimension will give you a clear description of your personality. The combination of your most dominant preferences is used to create your individual personality type. Four dimensions of your personality are mentioned in this chart. The graph below provides information about the personality type you belong to, based on the scoring of your responses. Each of the four preferences are based on your answers and are indicated by a bar chart.

YOUR PERSONALITY TYPE - INTROVERT:SENSING:THINKING:JUDGING



YOUR CAREER PERSONALITY ANALYSIS

Where do you prefer to focus your energy and attention?

I

Introvert

- You mostly get your energy from dealing with ideas, pictures, memories and reactions which are part of your imaginative world.
- You are quiet, reserved and like to spend your time alone.
- Your primary mode of living is focused internally.
- You are passionate but not usually aggressive.
- You are a good listener.
- You are more of an inside-out person.

How do you grasp and process the information?

S

Sensing

- You mostly collect and trust the information that is presented in a detailed and sequential manner.
- You think more about the present and learn from the past.
- You like to see the practical use of things and learn best from practice.
- You notice facts and remember details that are important to you.
- You solve problems by working through facts until you understand the problem.
- You create meaning from conscious thought and learn by observation.

How do you make decisions?

T

Thinking

- You seem to make decisions based on logic rather than the circumstances.
- You believe telling truth is more important than being tactful.
- You seem to look for logical explanations or solutions to almost everything.
- You can often be seen as very task-oriented, uncaring, or indifferent.
- You are ruled by your head instead of your heart.
- You are a critical thinker and oriented toward problem solving.

YOUR CAREER PERSONALITY ANALYSIS

How do you prefer to plan your work ?

J

Judging

- You prefer a planned or orderly way of life.
- You like to have things well-organized.
- Your productivity increases when working with structure.
- You are self-disciplined and decisive.
- You like to have things decided and planned before doing any task.
- You seek closure and enjoy completing tasks.
- Mostly, you think sequentially.

Your strengths

S

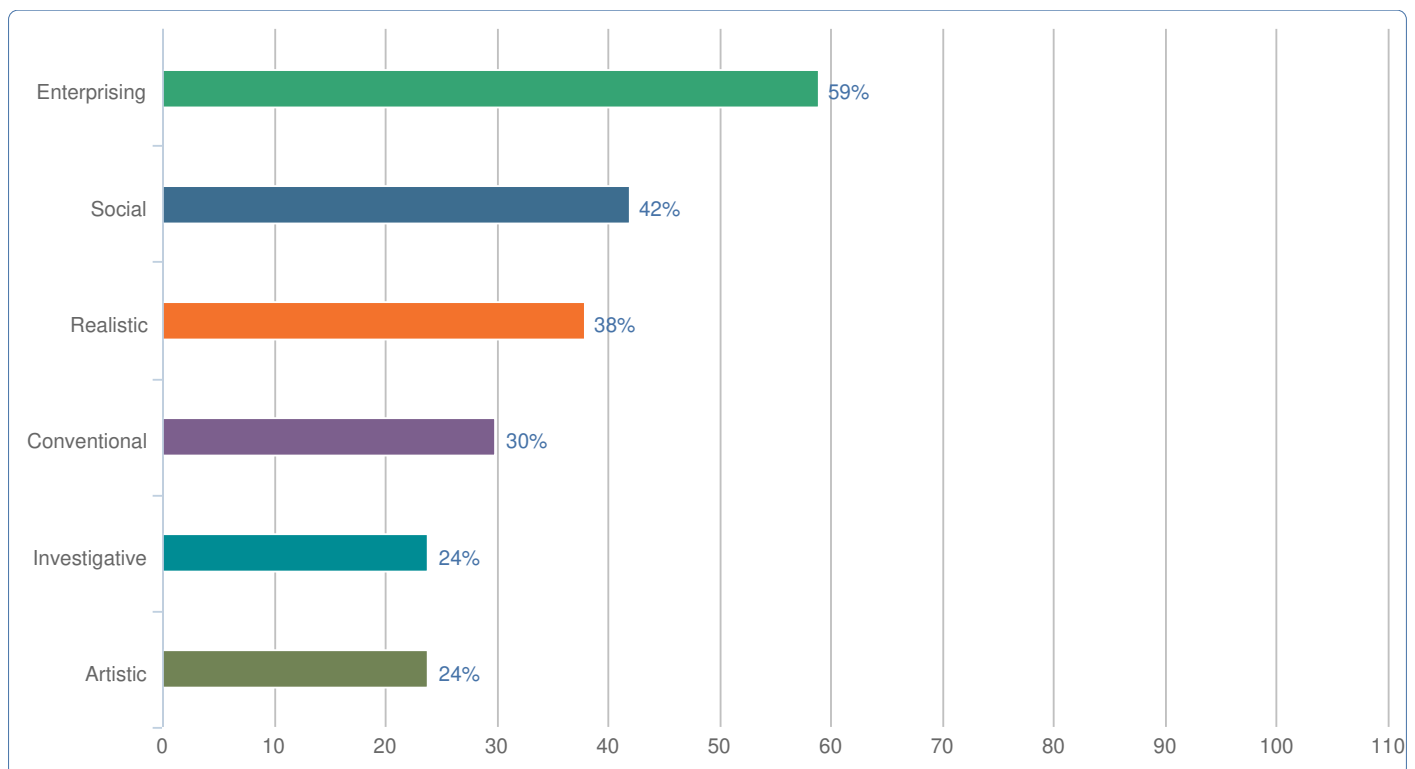
Strength

- Strong-willed and dutiful
- Calm and practical
- Honest and direct
- Very responsible
- Create and enforce order

YOUR CAREER INTEREST TYPES

The Career Interest Assessment will help you understand which careers might be the best fit for you. It is meant to help you find careers that you might enjoy. Understanding your Top career interest will help you identify a career focus and begin your career planning and career exploration process.

The Career Interest Assessment (CIA) measures six broad interest patterns that can be used to describe your career interest. Most people's interests are reflected by two or three themes, combined to form a cluster of interests. This career interest is directly linked to your occupational interest.



YOUR CAREER INTEREST ANALYSIS

E

Enterprising-HIGH

- You are energetic, ambitious, adventurous, and confident.
- You are skilled in leadership and speaking.
- You generally enjoy starting your own business, promoting ideas and managing people.
- You are effective at public speaking and are generally social.
- You like activities that require to persuade others and leadership roles.
- You like the promotion of products, ideas, or services.

S

Social Service-HIGH

- You are humanistic, idealistic, responsible and concerned with the welfare of others.
- You enjoy participating in social activities and helping, training or counselling others.
- You communicate in a warm, cheerful and tactful manner and can be persuasive.
- You like to solve problems through discussions and utilize interpersonal skills.
- You are cooperative, friendly, generous, helpful and idealistic.
- You like to work with people.

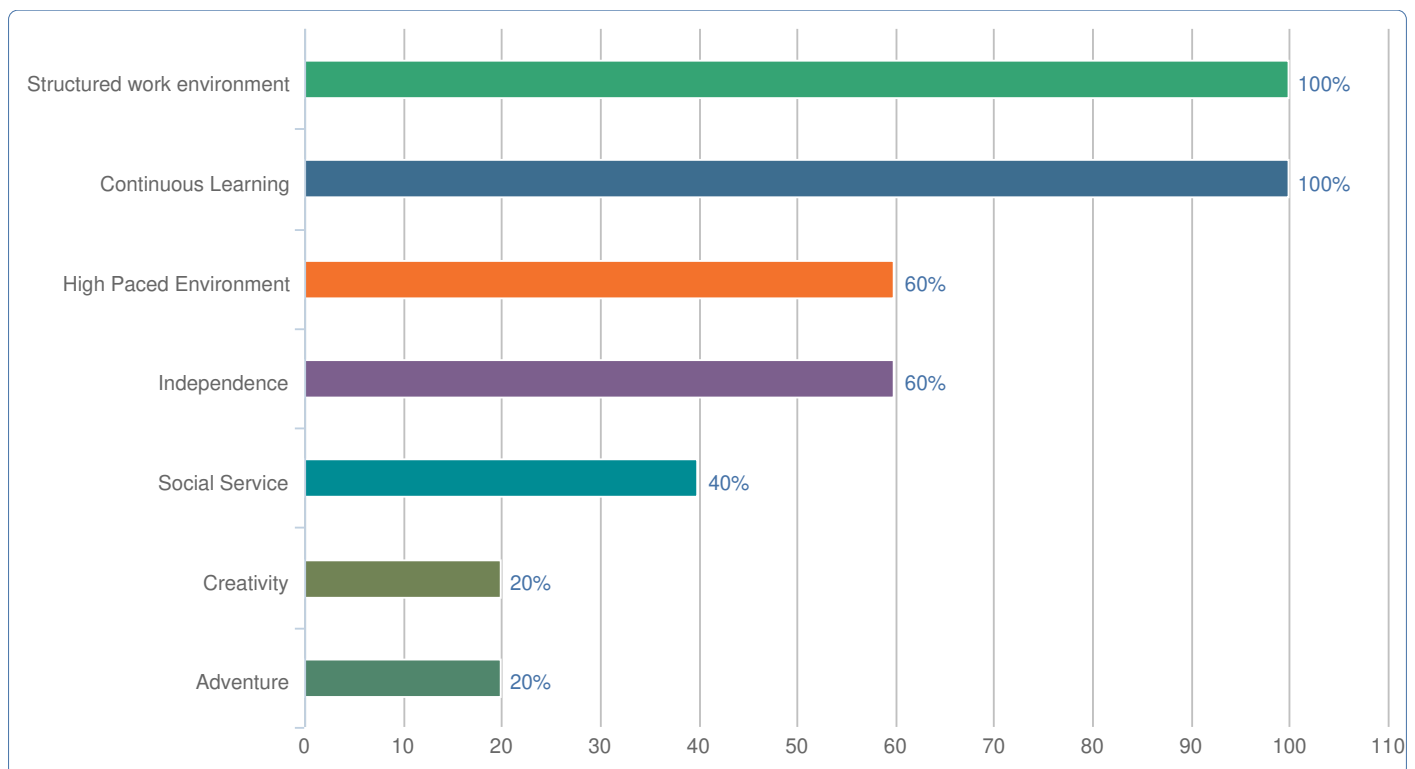
R

Realistic-MEDIUM

- You are active and stable and enjoy hands-on or manual activities.
- You prefer to work with things rather than ideas and people.
- You tend to communicate in a frank, direct manner and value material things.
- You may be uncomfortable or less adept with human relations.
- You value practical things that you can see and touch .
- You have good skills at handling tools, mechanical drawings, machines or animals.

YOUR CAREER MOTIVATOR TYPES

Values are the things that are most important to us in our lives and careers. Our values are formed in a variety of ways through our life experiences, our feelings and our families. In the context of Career Planning, values generally refer to the things we value in a career. Being aware of what we value in our lives is important because a career choice that is in-line with our core beliefs and values is more likely to be a lasting and positive choice



YOUR CAREER MOTIVATOR ANALYSIS

S

**Structured Work
Environment-HIGH**

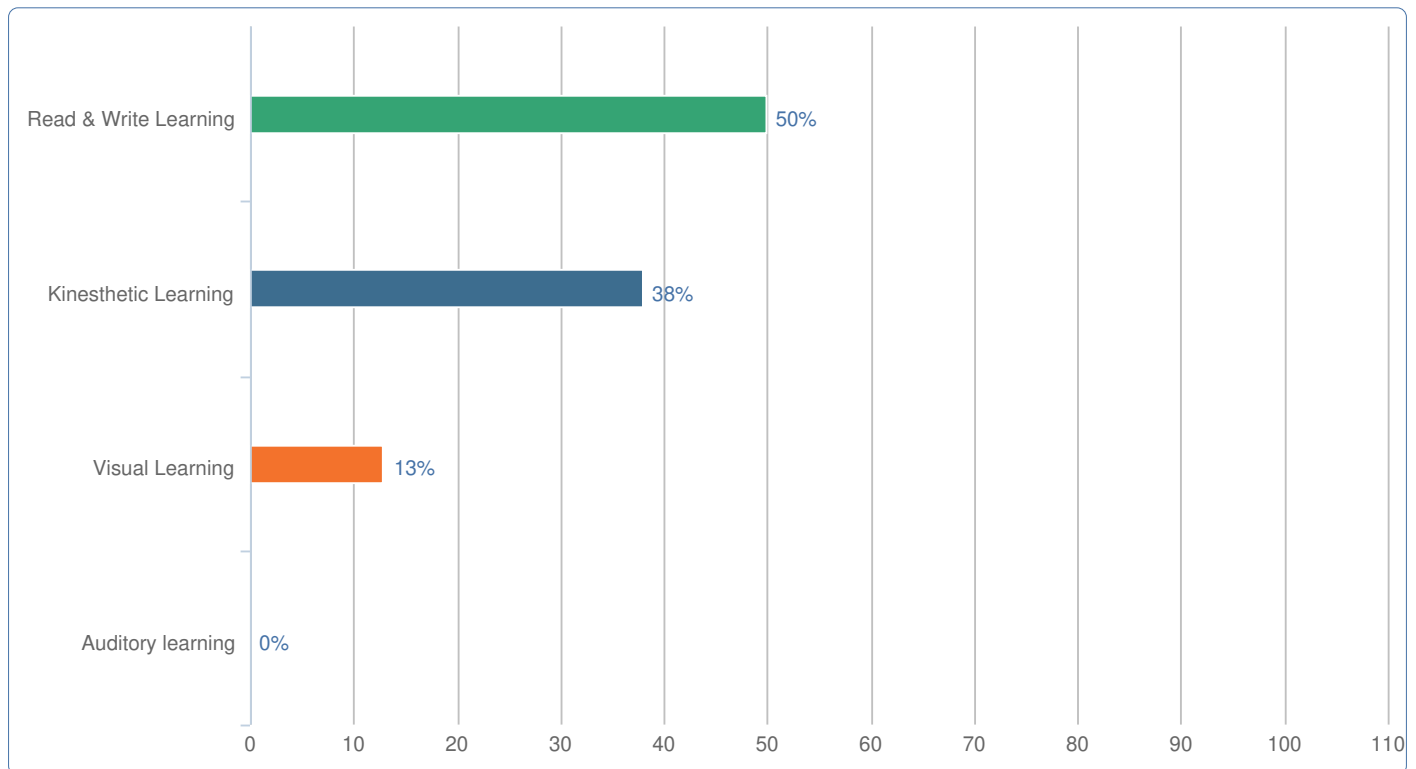
- You enjoy working in a structured work environment.
- You like following directions and guidelines.
- You enjoy work routine.
- You dislike variety and frequent changes in work.

C

**Continuous Learning-
HIGH**

- You like to have consistent professional growth in your field of work.
- You like to work in an environment where there is need to update your knowledge at regular intervals.
- You like it when your work achievements are evaluated at regular intervals.

YOUR LEARNING STYLE TYPES



YOUR LEARNING STYLE ANALYSIS

Read/Write learning style

- Reading and writing learners prefer to take in the information displayed as words.
- These learners strongly prefer primarily text-based learning materials.
- Emphasis is based on text-based input and output, i.e. reading and writing in all its forms.
- People who prefer this modality love to work using PowerPoint, internet, lists, dictionaries and words.

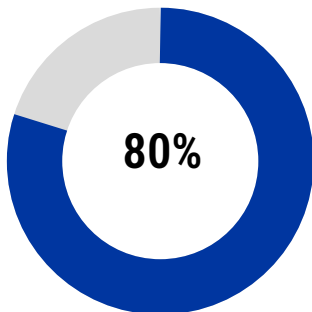
Learning improvement strategies

- Re-write your notes after class.
- Use coloured pens and highlighters to focus on key ideas.
- Write notes to yourself in the margins.
- Write out key concepts and ideas.
- Compose short explanations for diagrams, charts and graphs.
- Write out instructions for each step of a procedure or math problem.
- Print out your notes for later review.
- Post note cards/post-its in visible places. (when doing dishes, on the bottom of the remote etc).
- Vocabulary mnemonics.
- Organize your notes/key concepts into a powerpoint presentation.
- Compare your notes with others.
- Repetitive writing.
- Hangman game.

YOUR SKILLS AND ABILITIES

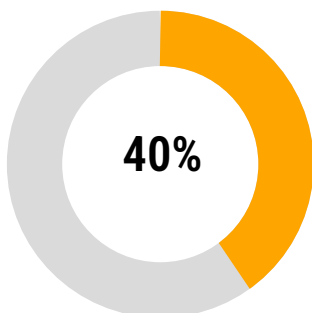
The skills & abilities scores will help us to explore and identify different ways to reshape your career direction. This simple graph shows how you have scored on each of these skills and abilities. The graph on the top will show the average score of your overall skills and abilities.

Overall Skills and Abilities



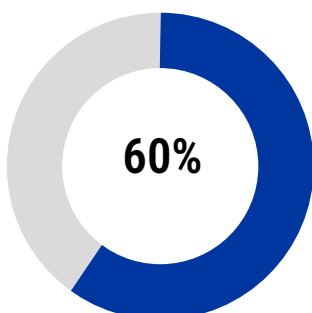
NUMERICAL ABILITY

- Your numerical skills are good.
- Numeracy involves an understanding of numerical data and numbers.
- Being competent and confident while working with numbers is a skill, that holds an advantage in a wide range of career options.



LOGICAL ABILITY

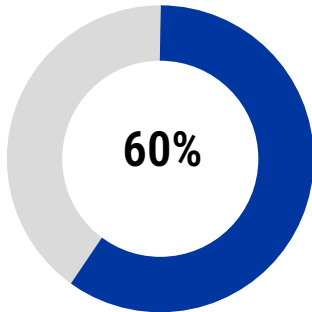
- Your logical skills are fair.
- Logical thinking is very important for analytical profiles.
- Being able to understand and analyze data in different formats is considered an essential skill in many career options.



VERBAL ABILITY

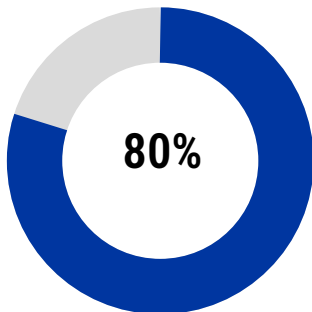
- Your communication skills are average.
- You need to develop your communication skills.
- Good verbal and written communication helps you to communicate your message effectively.

YOUR SKILLS AND ABILITIES



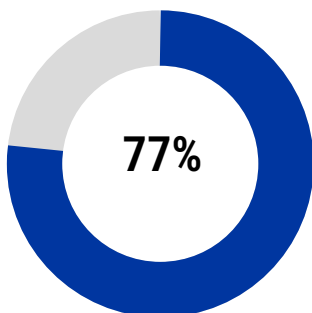
ADMINISTRATIVE AND ORGANIZING SKILLS

- Your organizing & planning skills are average.
- It includes general organizing, planning, time management, scheduling, coordinating resources and meeting deadlines.



SPATIAL & VISUALIZATION ABILITY

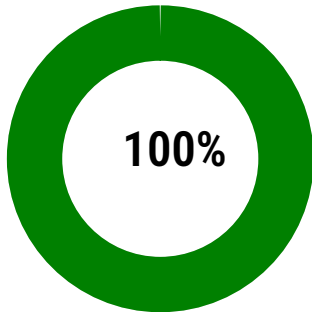
- Your visualization skills are good.
- This skill allows you to explore, analyze, and create visual solutions.
- It is important in many academic and professional career fields.



LEADERSHIP & DECISION MAKING SKILLS

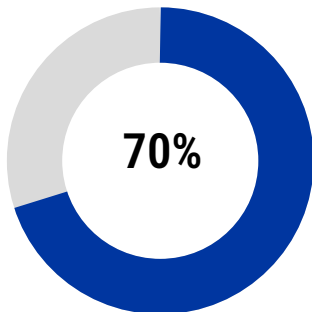
- Your leadership & decision-making skills are good.
- It includes strategic thinking, planning, people management, change management, communication, persuasion and influencing.
- These skills allow you to make decisions quickly, adapt to changing scenarios and respond to opportunities promptly.

YOUR SKILLS AND ABILITIES



SOCIAL & CO-OPERATION SKILLS

- Your social and cooperation skills are excellent.
- Social skills are important because they help you build, maintain and grow relationships with others.
- This skill is beneficial in the service industry and social causes.

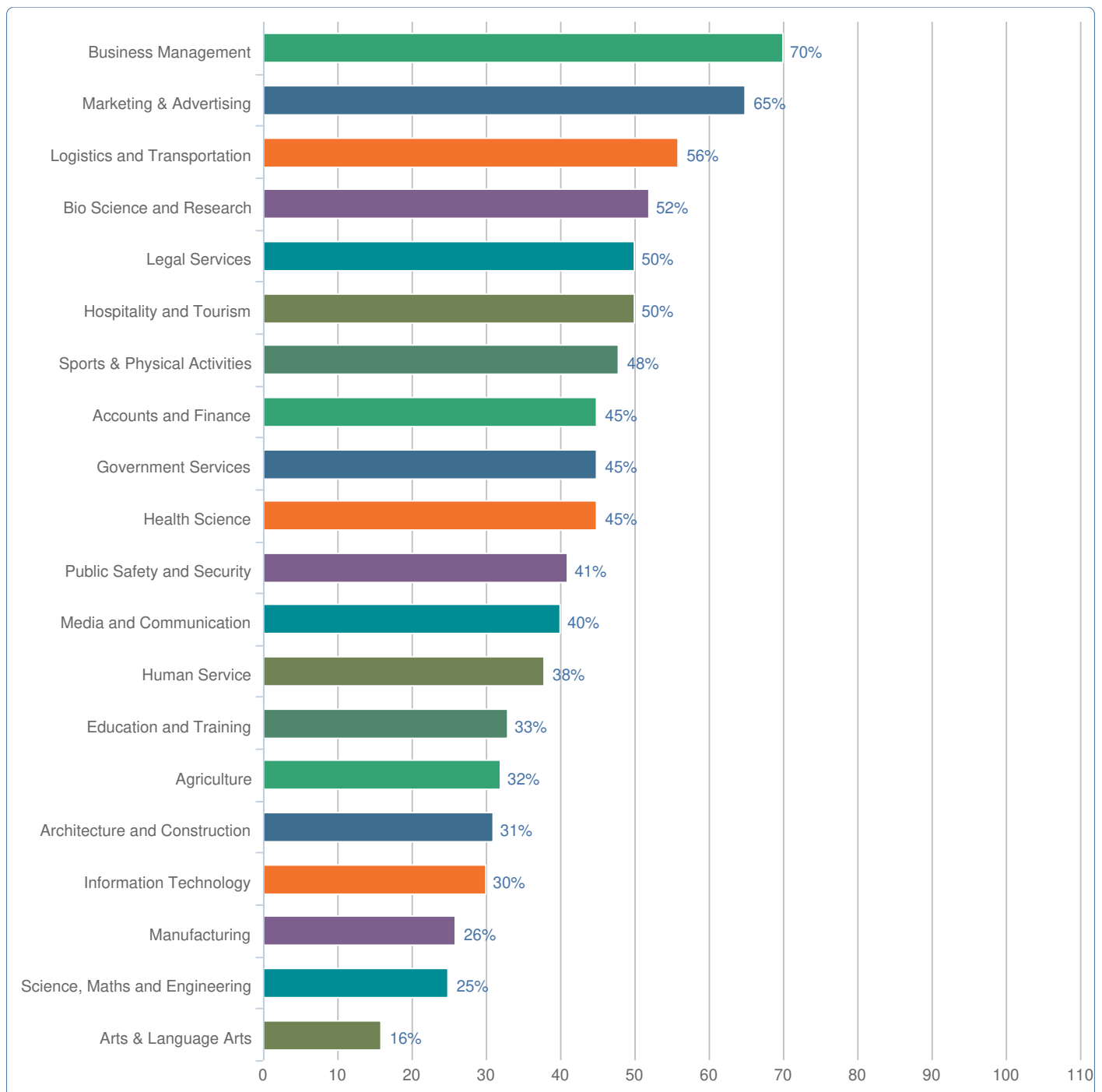


MECHANICAL ABILITIES

- The score indicates that your mechanical ability is good.
- This section evaluates your basic mechanical understanding and mechanical knowledge.
- This skill is required for many career options like engineering and mechanical services.

YOUR CAREER CLUSTERS

Career Clusters are groups of similar occupations and industries that require similar skills. It provides a career road map for pursuing further education and career opportunities. They help you connect your Education with your Career Planning. Career Cluster helps you narrow down your occupation choices based on your assessment responses. Results show which Career Clusters would be best to explore. A simple graph report shows how you have scored on each of the Career Clusters.



YOUR SELECTED 4 CAREER CLUSTERS

1

BUSINESS MANAGEMENT

- Business administrative professionals give the support needed to make a business run.
- You will provide the overall direction for a company or department.
- It includes planning, organizing, directing and evaluating business functions.
- Career opportunities are available in every sector of the economy.

2

MARKETING & ADVERTISING

- Marketing professionals are involved in planning, managing, and performing marketing activities to reach organizational objectives.
- Marketing professionals help businesses promote products.
- You might advertise and promote products so customers want to buy them.
- You might develop a marketing plan for a small start-up company.

3

LOGISTICS AND TRANSPORTATION

- Professionals will be involved in planning, management, and movement of people, materials, and goods.
- you might work behind the scenes to make sure the products and people get to the right place on time.
- You might repair or maintain the vehicles, trains, planes, and ships that move people and products.
- You might be providing technical support services such as transportation infrastructure planning and management, logistics services, mobile equipment and facility maintenance.

YOUR SELECTED 4 CAREER CLUSTERS

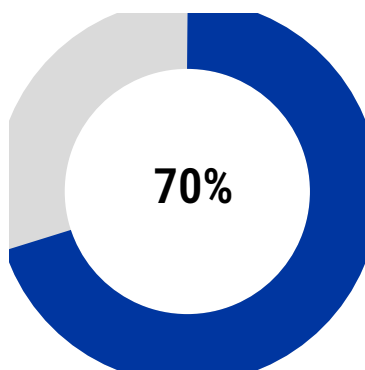
4

BIO SCIENCE AND RESEARCH

- Science professionals do scientific research in laboratories or the field.
- You will plan or design products and systems.
- You will do research and read blueprints.
- You might support scientists, mathematicians, or engineers in their work.

TOP SUBJECTS RECOMMENDATIONS FOR YOU

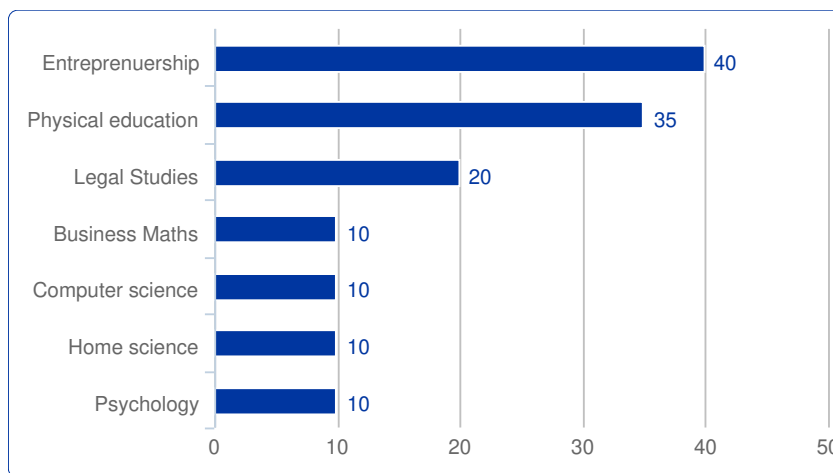
1.



Commerce

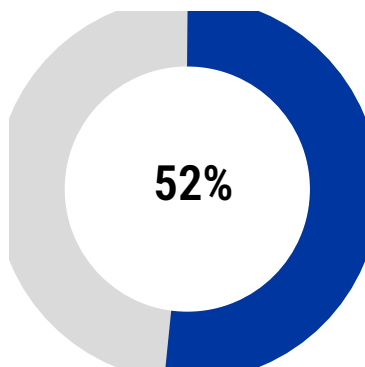
Accountancy
Economics
Business Studies

> **Mandatory Subjects**



Optional Subjects

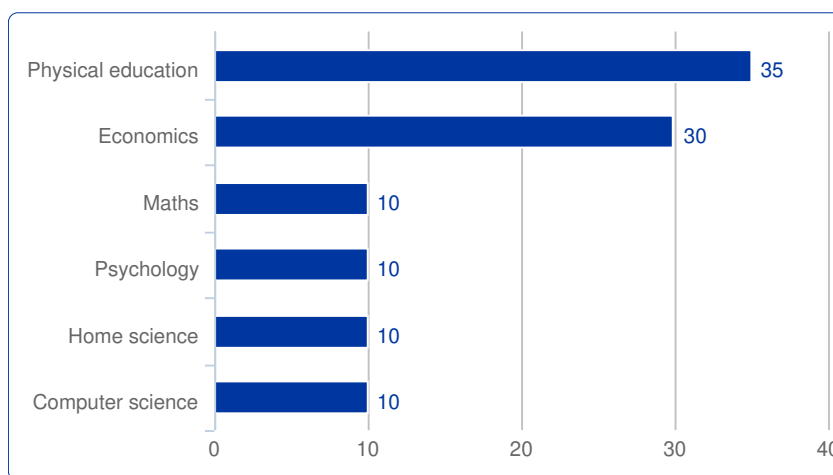
2.



Science-Bio

Biology
Physics
Chemistry

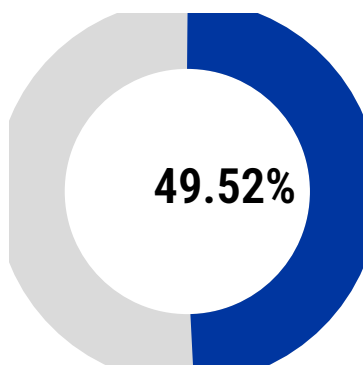
> **Mandatory Subjects**



Optional Subjects

TOP SUBJECTS RECOMMENDATIONS FOR YOU

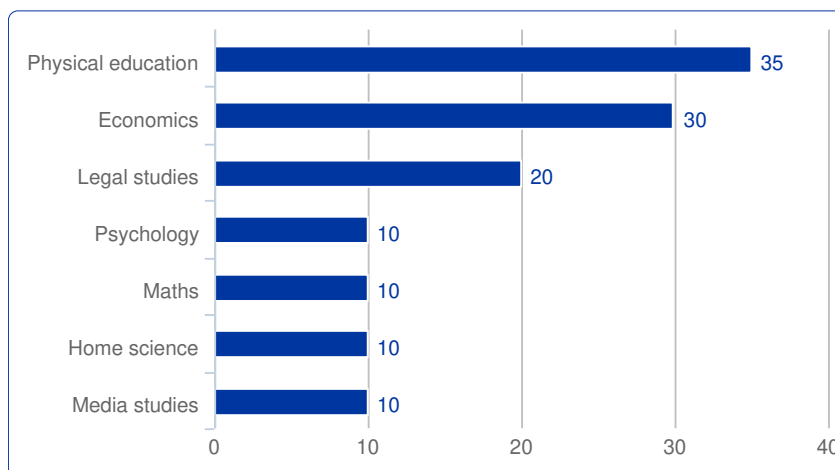
3.



Humanities

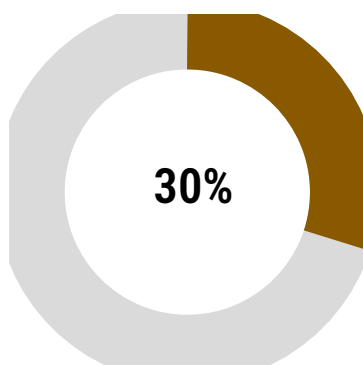
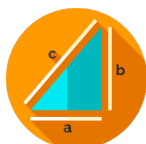
Language Arts
History

> **Mandatory Subjects**



Optional Subjects

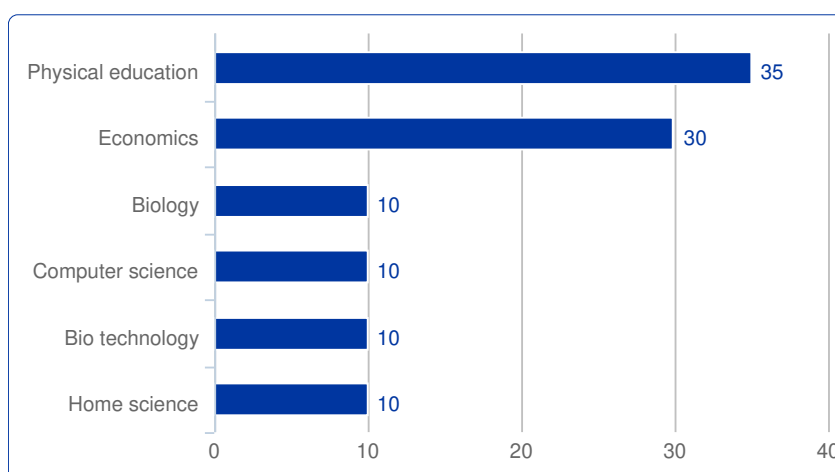
4.



Science-Maths

Maths
Physics
Chemistry

> **Mandatory Subjects**



Optional Subjects

YOUR CAREER PATHS

Career Cluster 1: Business Management				
	Career Paths	Psy. Analysis	Skill and Abilities	Comment
1	Retail Management Retail Manager, Brand Manager, Warehouse Manager	Very High:82 	High:74 	Top Choice
2	Project Management Project Managers, Project Lead	Very High:76 	Average:59 	Good Choice
3	International Business Foreign Trade Manager, Import And Export Management	High:75 	Average:59 	Good Choice
4	Business Analytics Business Data Analyst, Marketing Research	High:73 	High:64 	Good Choice
5	Business Management Information Technology Business Analyst, System Admin	High:68 	High:63 	Good Choice
6	Apparel Merchandising & Management Fashion Management, Fashion Brand Manager	High:67 	High:72 	Good Choice
7	Business Administration & Operations Support Operations Manager, Administrator, Customer Support	High:66 	Average:59 	Good Choice

YOUR CAREER PATHS

Career Cluster 1: Business Management

	Career Paths	Psy. Analysis	Skill and Abilities	Comment
8	Human Resources HR Manager, Recruiter, Trainer	High:62 	High:79 	Good Choice
9	Business Financial Management Financial Analyst, Financial Managers	Average:56 	High:64 	Optional
10	BPO Call Center, Technical Support, Customer Service	Average:50 	High:79 	Optional

Career Cluster 2: Marketing & Advertising

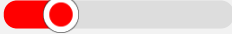
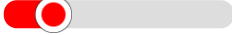
	Career Paths	Psy. Analysis	Skill and Abilities	Comment
1	Entrepreneurship & Management Entrepreneur, Business Head	High:69 	High:72 	Good Choice
2	Professional Sales Sales Executive, Sales Head, BDM	High:62 	High:69 	Good Choice
3	Marketing Marketing Manager, Product Marketing	Average:56 	High:79 	Optional
4	Digital Marketing Digital Marketing Specialist, SEO Specialist	Average:56 	High:64 	Optional

YOUR CAREER PATHS

Career Cluster 2: Marketing & Advertising

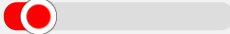
	Career Paths	Psy. Analysis	Skill and Abilities	Comment
5	Advertising And Communication Advertising Managers, Brand Managers	Average:52 	High:79 	Optional
6	Visual Merchandiser Fashion Communication, In-Store Marketing Associate	Low:39 	High:75 	Avoid

Career Cluster 3: Logistics And Transportation

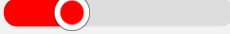
	Career Paths	Psy. Analysis	Skill and Abilities	Comment
1	Aviation Management Airport Field Operations And Management, Aviation Administrator	Average:56 	High:64 	Optional
2	Logistics & Supply Chain Logistics Manager, Supply Chain Manager	Average:51 	Average:59 	Optional
3	Commercial Pilots. Commercial Pilot; Flight Trainer	Low:36 	Average:53 	Avoid
4	Air Traffic Controller Airport Traffic Controller, GPS Navigator, Operations Control Tower	Low:27 	High:60 	Avoid
5	Merchant Navy Marine Engineer, Marine Consultant	Low:24 	High:63 	Avoid

YOUR CAREER PATHS

Career Cluster 3: Logistics And Transportation

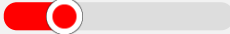
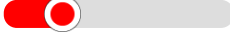
	Career Paths	Psy. Analysis	Skill and Abilities	Comment
6	Aerospace Engineering Aeronautical Engineer, Aircraft Maintenance	Low:22 	High:68 	Avoid
7	Automotive Design Automobile Engineering, Automobile Designer	Very Low:18 	High:67 	Avoid

Career Cluster 4: Bio Science And Research

	Career Paths	Psy. Analysis	Skill and Abilities	Comment
1	Physiology Neurophysicians, Neurologists, Neuro-radiologists	Average:52 	High:73 	Optional
2	Microbiology Bacteriologist, Virologist, Clinical Laboratory Scientist, Clinical Microbiologist	Average:49 	High:70 	Optional
3	Biotechnology Biological Scientist, Lab Research, Biologist,	Low:34 	High:75 	Avoid
4	Genetics Genetics Professor, Genetic Research Associate	Low:32 	High:73 	Avoid
5	Fishery Biologist Aquaculture, Fish Hatchery Manager	Low:31 	High:70 	Avoid

YOUR CAREER PATHS

Career Cluster 4: Bio Science And Research

	Career Paths	Psy. Analysis	Skill and Abilities	Comment
6	Biochemistry Biochemist, Bio Technologist, Clinical Scientist	Low:29 	High:70 	Avoid
7	Bioinformatics Bio-statisticians, Bio-metrics	Low:29 	High:60 	Avoid
8	Clinical Research Clinical Researcher, Pharma Research	Low:28 	High:75 	Avoid

YOUR CAREER PATHS

Career Cluster: Other Recommendations				
	Career Paths	Psy. Analysis	Skill and Abilities	Comment
1	Physical trainer/ Coach Physical Trainer, Coach,	Very High:79 	High:79 	Top Choice
2	Sports Administrative Services Sports event Manager, Club Administrative Manager	Very High:77 	High:74 	Top Choice
3	Sports person Sports Person,	High:71 	Very High:89 	Good Choice
4	Hospital Management Health Information Management, Practice Administrator, Program Manager	High:67 	High:75 	Good Choice
5	Public Relations & Corporate Communication Public relations Specialist, Corporate Communication	High:65 	High:79 	Good Choice
6	Industrial Management Production Manager, Quality manager, Inventory Manager	High:60 	High:62 	Good Choice

YOUR FAVOURITE CAREER PATH : PHYSICAL TRAINER/ COACH

Career Cluster : Sports & Physical Activities

	Career Paths	Psy. Analysis	Skill and Abilities	Comment
1	Physical trainer/ Coach Physical Trainer, Coach,	Very High:79% 	High:79% 	Top Choice

Scenarios

- 1. Top Choice** - You have the highest degree of interest and skills to pursue this career path. You will excel in the fields mapped to this career path.
- 2. Good Choice** - This Career path will be a good match for you as your interest and skills & abilities are correctly aligned.
- 3. Optional** - You have adequate interest level and skills & abilities to pursue this career path. However, this can be pursued if you are not pursuing your top choice or good choice.
- 4. Develop** - Developing the skills and abilities required for this career path can increase your probability of success in this career path.
- 5. Explore** - Explore options where you have higher interest and skills and abilities than this career path.
- 6. Avoid** - You either have very less skills & abilities or very less interest in this career path. In both cases, it is suggested to avoid this career path.

CAREER ANALYSIS - POSITIVE (+)

- You mostly collect and trust the information that is presented in a detailed and sequential manner.
 - You are a highly observant person who learns best from practice.
 - You solve problems by working through facts until you understand the problem.
 - You mostly believe on factual information or past experiences.
 - You prefer a planned or orderly way of life.
 - You like to have things well-organized.
 - Your productivity increases when working with structure.
 - You are self-disciplined and decisive.
 - You like to have things decided and planned before doing any task.
 - Mostly, you think sequentially.
-
- You like activities that require to persuade others and leadership roles.
 - You generally enjoy starting your own business, promoting ideas and managing people.
 - You enjoy participating in social activities, helping, training or counselling others.
 - You like to work with people.
 - You like to solve problems through discussions and utilize interpersonal skills.
 - You enjoy hands-on or manual activities.
 - You like practicals and physical activities.
-
- Your Career motivators are Independence, Continuous Learning, High Paced Environment, Structured work environment

GAP ANALYSIS - NEED IMPROVEMENT

- Your interest to involve in social activities, cooperation and work with people are lesser than required. You need to work on this.
- Your interest to involve in hands-on work or manual activities are lesser than required. This profile requires higher interest in physical activities or practicals.

YOUR SKILL AND ABILITIES STRENGTH

- Your Verbal Ability are Good
- Your Leadership & Decision making skills are Good
- Your Social & Co-operation Skills are Good

WORK NATURE : PHYSICAL TRAINER/ COACH

- Provide training direction, encouragement, motivation, and nutritional advice to clients.
- Plan, organize and conduct exercise sessions.
- Explain and enforce safety rules and regulations.
- Plan and direct physical conditioning programs that will enable them to achieve maximum performance.
- Watching clients perform exercises and showing or advising them correct strategies to prevent injury and enhance health.
- Giving alternative exercises during workouts or classes for various levels of fitness and ability.
- Tracking clients' progress and adjusting programs as needed.
- Teaching Importance of health and wellness.

YOUR EDUCATION ROAD MAP : PHYSICAL TRAINER/ COACH

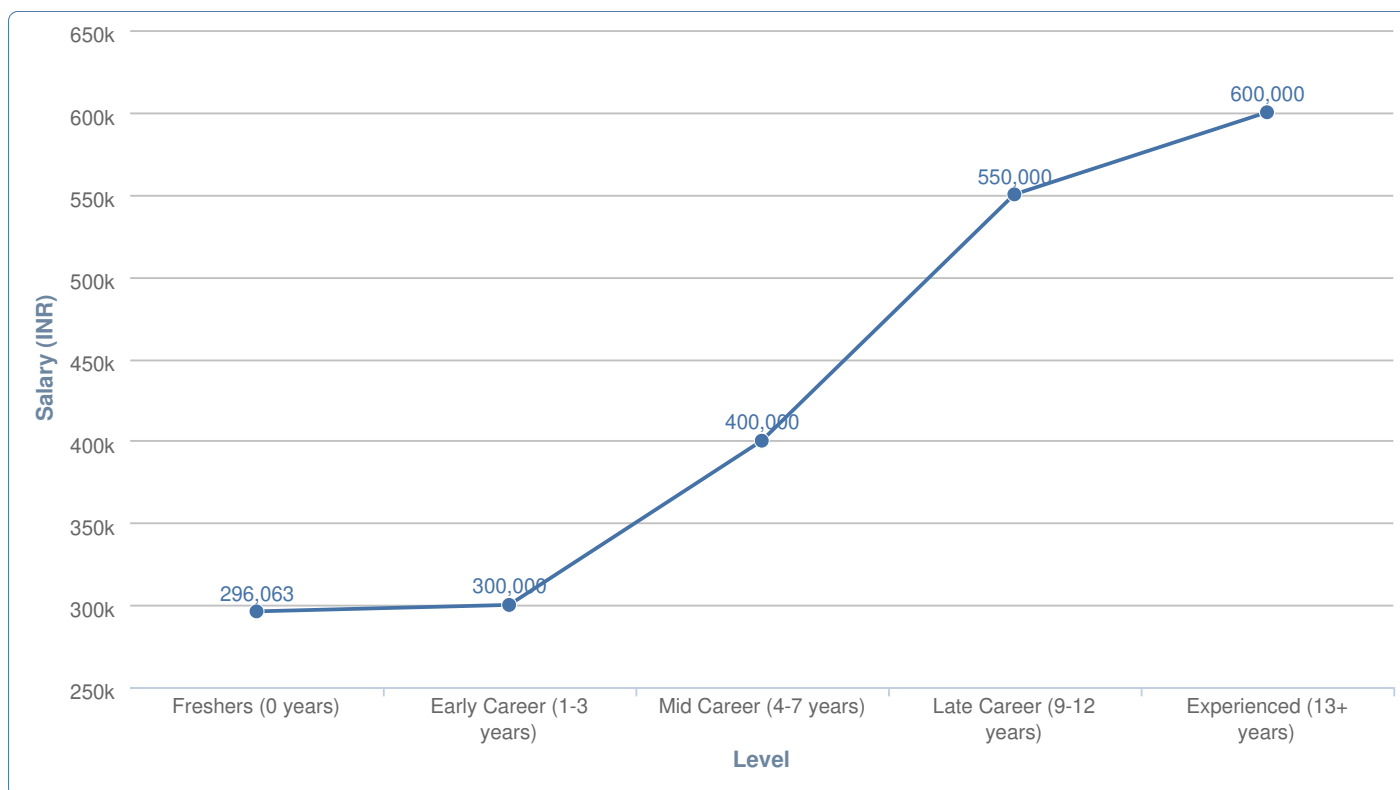
The Education road map will give you a clear idea of subjects that you should choose at a different level of your career path. You can choose any one of these courses to succeed in your career.

Educational Road Map			
Stages	Subjects	Education Subjects	Occupations
Middle Education	10th Subjects	- All subjects - Physical Activities	- Fitness Trainer - Sports Coach - Personal trainer - Exercise trainer - Sport Physiologist - Athlete
	12th Subjects	- Any Subject - Physical Activities	
Higher Education /Career Courses	Courses Graduation	- Any Graduation - Join Sports Club - BA Sport, Exercise and Physical Activity - B.Sc (Hons) Sport and Exercise Sciences - B.Sc (Hons) Sport Management	

YOUR EDUCATION ROAD MAP CONT. : PHYSICAL TRAINER/ COACH

Educational Road Map			
	Courses Post Graduation	- Any Subject - Physical Activities - M.Sc Exercise and Sports science	- Fitness Trainer - Sports Coach - Personal trainer
Career Development/Career Change	Career Advancement	- Aerobic Instructor Training Course - Fitness- Diet and Nutrition - Advanced Fitness trainer Certificate - Reebok Instructor Certification programe - Personal training Certificate	- Exercise trainer - Sport Physiologist - Athlete

PHYSICAL TRAINER/ COACH SALARY IN 2025



Level	Salary	Currency
Freshers (0 years)	▲ 296,063	INR
Early Career (1-3 years)	▲ 300,000	INR
Mid Career (4-7 years)	▲ 400,000	INR
Late Career (9-12 years)	▲ 550,000	INR
Experienced (13+ years)	▲ 600,000	INR

SKILLS THAT AFFECT PHYSICAL TRAINER/ COACH SALARIES

Different skills can affect your salary. Below are the most popular skills and their effect on salary.

Exercise Programming

Periodization, Workout planning, Progressive overload, Adaptation strategies

▲ 90%

Client Assessment

Body composition analysis, Movement screening, Fitness testing, Posture evaluation

▲ 85%

Nutrition Coaching

Macronutrient planning, Supplement guidance, Meal timing, Nutrition for recovery

▲ 80%

Injury Prevention and Rehabilitation

Corrective exercises, Prehab protocols, Rehabilitation techniques, Movement correction

▲ 75%

Sports Performance Training

Speed training, Agility drills, Power development, Endurance conditioning

▲ 70%

Behavioral Coaching

Motivational interviewing, Goal setting, Accountability strategies, Client adherence

▲ 65%

Technology Integration

Wearable tech analysis, Fitness app utilization, Data-driven programming, Virtual coaching platforms

▲ 60%

Group Fitness Leadership

Class design, Group motivation, Music selection, Instructor cueing

▲ 55%

Special Populations Training

Senior fitness, Pre/post-natal, Chronic disease management, Disability adaptations

▲ 75%

Strength and Conditioning Certification

CSCS credential, Olympic lifts, Sports-specific strength training, Periodization models

▲ 85%

Online Training Delivery

Virtual client management, Remote programming, Video coaching, Digital marketing

▲ 70%

Mind-Body Techniques

Yoga, Pilates, Breathing techniques, Meditation for athletes

▲ 50%

Advanced Anatomy and Physiology

Musculoskeletal anatomy, Neuromuscular physiology, Biomechanics, Exercise physiology

▲ 80%

Emergency Response Skills

CPR, First aid, AED usage, Injury emergency protocols

▲ 40%

Business and Client Retention

Client relationship management, Sales skills, Branding, Marketing strategies

▲ 60%

OUR CAREER ASSESSMENT IS BASED ON THE CONCEPT OF CORRELATION THEORY AND VARIOUS PSYCHOMETRIC AND STATISTICAL MODELS.

Career Personality	Sensing + Judging + Introvert + Thinking
Career Interest	Enterprising + Social
Career Motivator	Structured work environment + Continuous Learning
Learning Style	Read & Write Learning
Skills & Abilities	Numerical Ability[80%] +Logical Ability[40%] +Verbal Ability[60%] Administrative and Organizing Skills[60%] +Spatial & Visualization Ability[80%] +Leadership & Decision making skills[77%] Social & Co-operation Skills[100%] +Mechanical Abilities[70%] +
Selected Clusters	Business Management+Marketing & Advertising+Logistics and Transportation+Bio Science and Research
Favourite Career Path	Physical trainer/ Coach