



SSPI™

STRATEGIC SUPERVISOR OF INTEGRATED PERFORMANCE

See the whole system. Choose the right leverage point. Keep the direction.

What is SSPI™?

SSPI™ is a strategic supervision and coordination model that looks at the person or athlete as one integrated system. It connects body, mind, emotions, recovery, time, habits, context and goals, so that crucial factors are not managed as disconnected pieces.

Its purpose is not to “do everything”. Its purpose is to connect, prioritize, maintain continuity and help identify the next useful step. It does not replace physicians, psychologists, physiotherapists, coaches, trainers or other qualified professionals; when needed, it helps their contributions work within a coherent overall direction.

SPORT & PERFORMANCE

For athletes and staff. It integrates physical preparation, technical execution, recovery, load, travel, concentration, emotional pressure and continuity. The supervisor helps the team read the same picture and preserve direction.

HEALTH, WELL-BEING & LIFE

For the individual. Ongoing strategic guidance - with the continuity of a personal trainer, but applied also to priorities, choices, time, habits, recovery, energy and overall coherence.

The goal is not to do more. It is to understand what matters now.

The method in 6 steps

1. OBSERVE the system, not only the problem	2. CONNECT signals, data, habits and context	3. IDENTIFY the real priority
4. CHOOSE the next sustainable step	5. ACCOMPANY without creating dependency	6. REASSESS what works and what needs adjustment

THE MECHANIC METAPHOR

Before the breakdown, there is always a small noise.



In The First 3 Seconds Rule, the experienced mechanic does not replace parts at random. He listens to the engine in the first moments, recognizes a vibration, follows the chain and tries to understand where the system first began to lose balance.

“You are describing the pain. I am looking for the cause.”

This is the SSPI™ logic: read early signals, connect them, identify the priority leverage point and act with precision before the whisper becomes a larger problem.

A role that integrates, without replacing

The Strategic Supervisor of Integrated Performance acts as a coordination point. It helps organize signals, priorities, specialists, workloads, habits and goals. Its role is to preserve the thread of the journey and make choices easier to understand and sustain.

In sport, it protects continuity between preparation, recovery, competition and athlete development. In health and everyday life, it supports the person in building a sustainable strategy, without entering medical or psychological areas reserved for licensed professionals.

Who can benefit

ATHLETES & STAFF	ACTIVE PEOPLE	PROFESSIONALS	ADHD / NEURODIVERGENCE
When performance, recovery and pressure must stay aligned.	When body, energy, time and goals need a clearer structure.	When competing demands scatter focus, priorities and continuity.	When the challenge is not having ideas, but choosing which ones to follow and how to organize them.

“Before life starts shouting, there is always a whisper.”

Official SSPI™ website - www.supervisorestrategicoperformance.it
Personal hub - www.alessandroschiasselloni.it
Health & movement - www.medicalcoach.info • Sport - www.sportmentalist.it
ADHD & organization - www.adhdfacile.it



To learn more: visit the official website, the personal hub and the dedicated vertical websites. This brochure is a summary; every pathway is defined according to the person, the goal and the appropriate professional boundaries.