

Career support for the unexpected: The CAR-GEPE evidence-based approach


Marta Borrueco

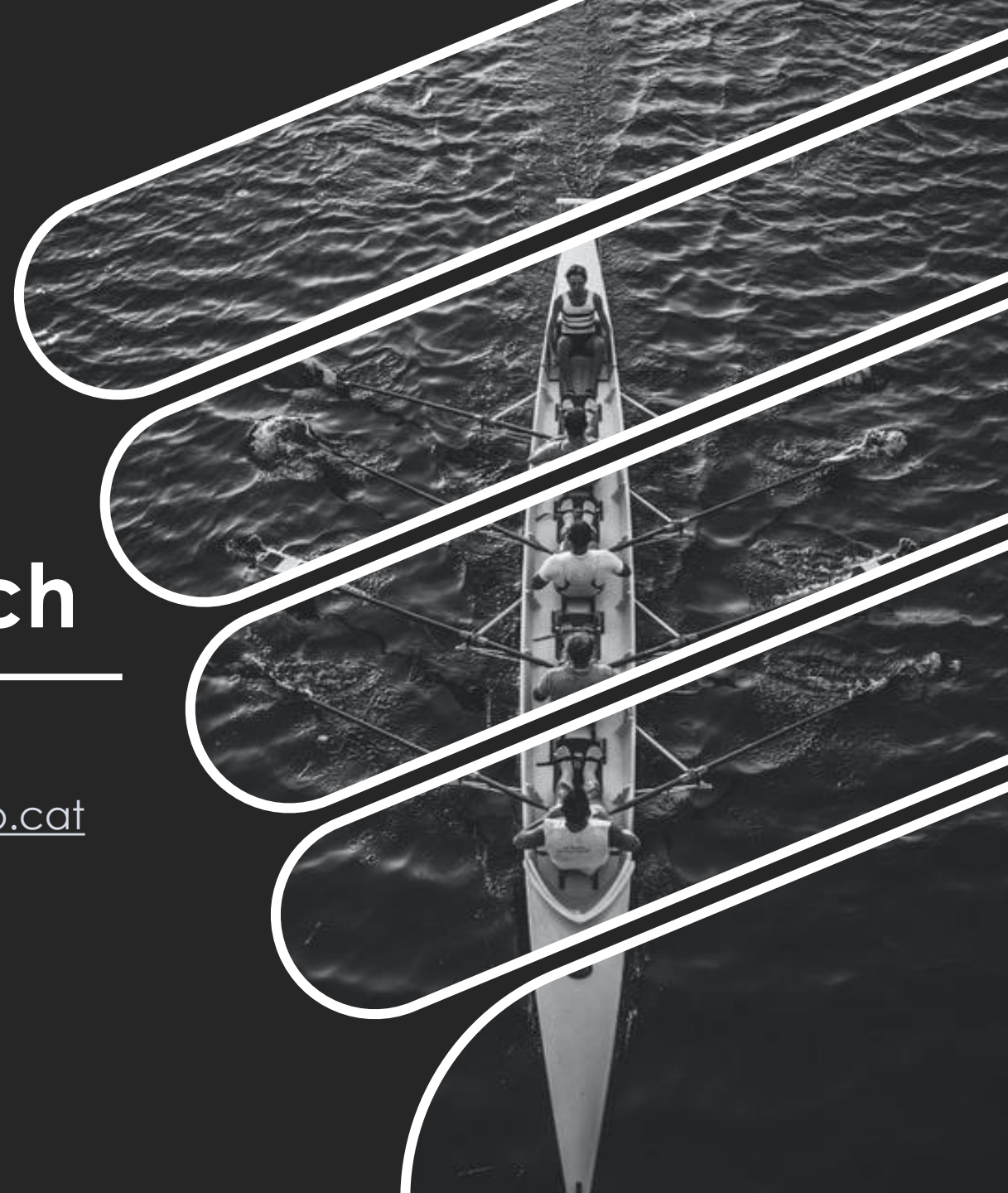
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CAREER SUPPORT SYMPOSIUM

DECEMBER 1 2020 ONLINE

High Performance Center (CAR)

Total CAR population

Season 19-20

♀ 170 Women

♂ 208 Men

378 Athletes



High Performance Center (CAR)

Remaining population after lockdown



13.03.2020: CAR lockdown



State of Alarm

♀ 32 Women

♂ 28 Men


60 Athletes
TOKYO 2020



High Performance Center (CAR)

Remaining
Remain

lockdown

 13.03.2020: C



ite of Alarm

en

60 Athletes
TOKYO 2020



Spanish lockdown



01

Schools and Universities
CLOSED



02

Bars and Restaurants
CLOSED



03

Parks and Sport Areas
CLOSED



04

Essential services
OPEN



Spanish lockdown Consequences

For GENERAL Population



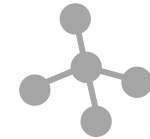
Teleworking



Physical interaction with cohabitants



Online education



New opportunities for interactions



Cooking at home



Sport at home



Leaving home just for the essentials



20h: applause time (neighborhood)



Spanish lockdown Consequences

Specific for CAR Athletes



**52 days
at home**



**Not being able to
train outdoors**



**Spending time
with family**

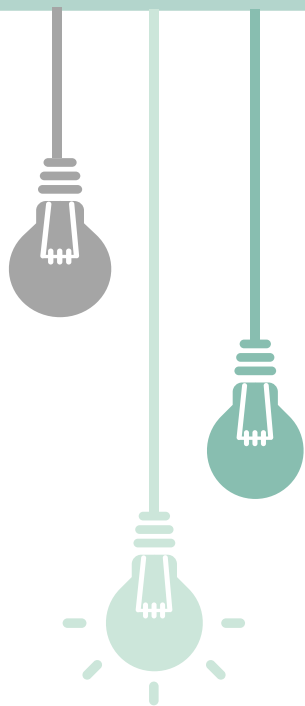


**No CAR
dorms**



**Losing access to
personal belongings**





CAR-GEPE COVID-COPING PROJECT

Objectives

GENERAL To describe how athletes and coaches cope with COVID-19 and the preparation for the Tokyo 2020 Olympic/Paralympic Games. To inform them on the characteristics of these **2 non normative transitions**

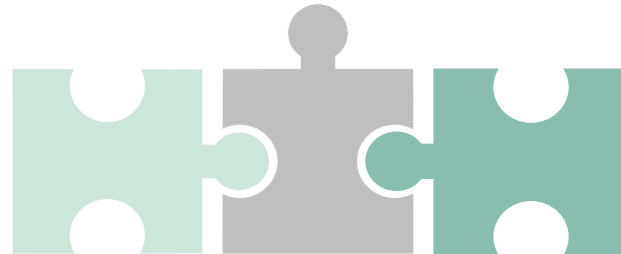
- 1** To explore the psychological impact of the acute phase of lockdown
- 2** To describe the main difficulties and facilitators to face lockdown
- 3** To explore the process of returning to preparation for the Tokyo 2021 Olympic Games



Procedure

- 1 Coaches
- 2 Athletes
- 3 Elite sport manager
- 4 Research team

CO-CREATION GROUP



FOCUS GROUP

ONLINE INTERVIEW



Participants

 **Total Athletes: 32**

 **16 Women**

 **16 Men**

 **Mean age, Athletes type**

Age (years)		Athletes	
M	SD	Olympic	Paralympic
26	6,68	25	7

 **Total Coaches: 13**

 **2 Women**

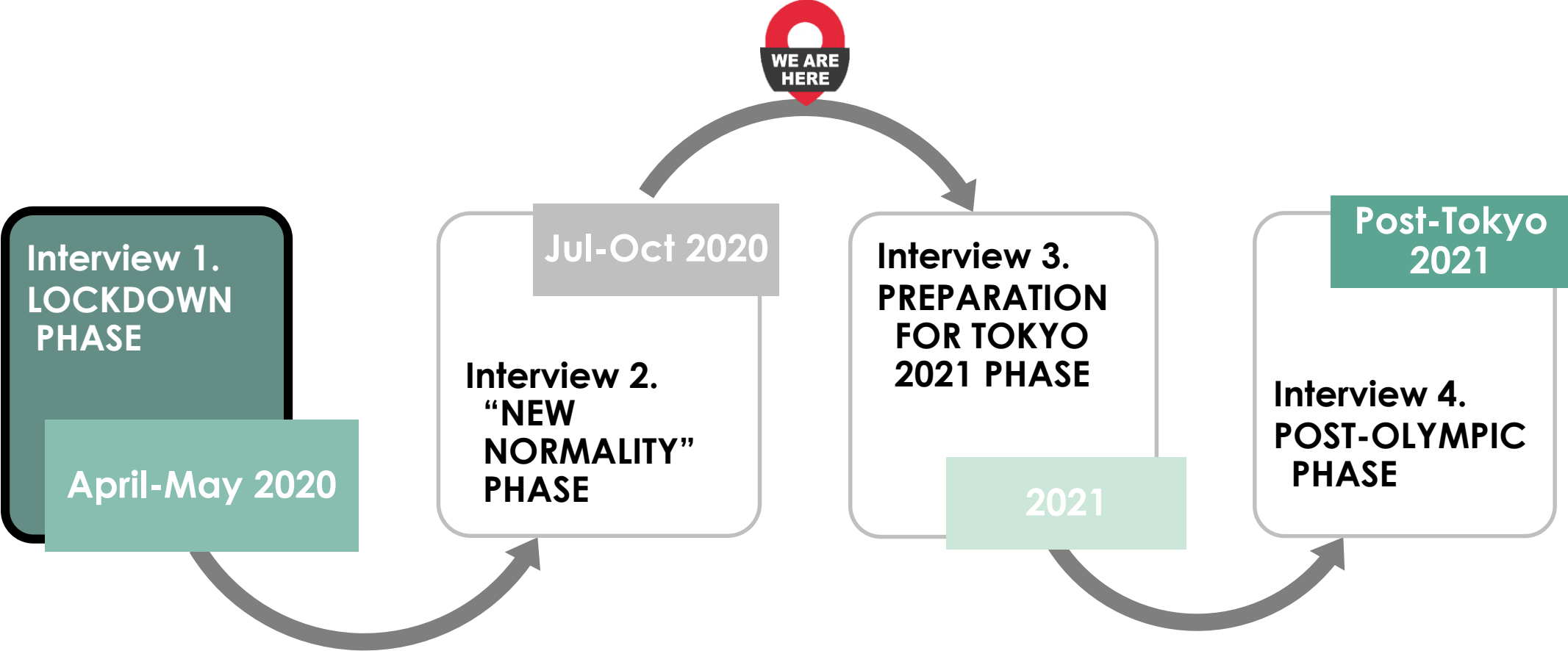
 **11 Men**

 **Mean age, Coaches type**

Age (years)		Coaches	
M	SD	Olympic	Paralympic
47	8,86	11	2



Project Schedule



First Interview Guide

Contents

Dealing with lockdown

2

The return to preparation for Tokyo 2021

4

Preparation for Tokyo 2020

1

Expectations for post-lockdown (“*new normality*”)

3

Expectations for OG/PG and after

5



Data analysis



Content analysis



Narrative analysis



Content analysis: the voices of athletes and coaches

Retrospective

Pre LD

- Qualified vs. Still trying
- Threatened by a 'Chinese virus'
- No one believed it was going to cause problems

During LD

Phase 1: Before Post.

- Shocked and fear of disadvantage (c)
- Keep focused
- To provide resources (c)

Phase 2: After Post.

- Shocked and worried about the world situation
- Olympic phase/moment
- Need for training(c)
- Don't lose too much

Prospective

Post LD

- New normality
- Need for new routines
- Facing non sport crises
- Uncertainty
- Need for a schedule of competitions
- All in (c)

Tokyo 2021

- Very different games
- One chance vs last/only train



Narrative analysis

Opportunities

01

To reflect on
sports
identity

02

To feel like
training
again

03

To do different
types of
workouts

04

To have new
means of
communication

05

To be informed
and to show new
personal facets

06

To spend more
time with the
family



Narrative analysis

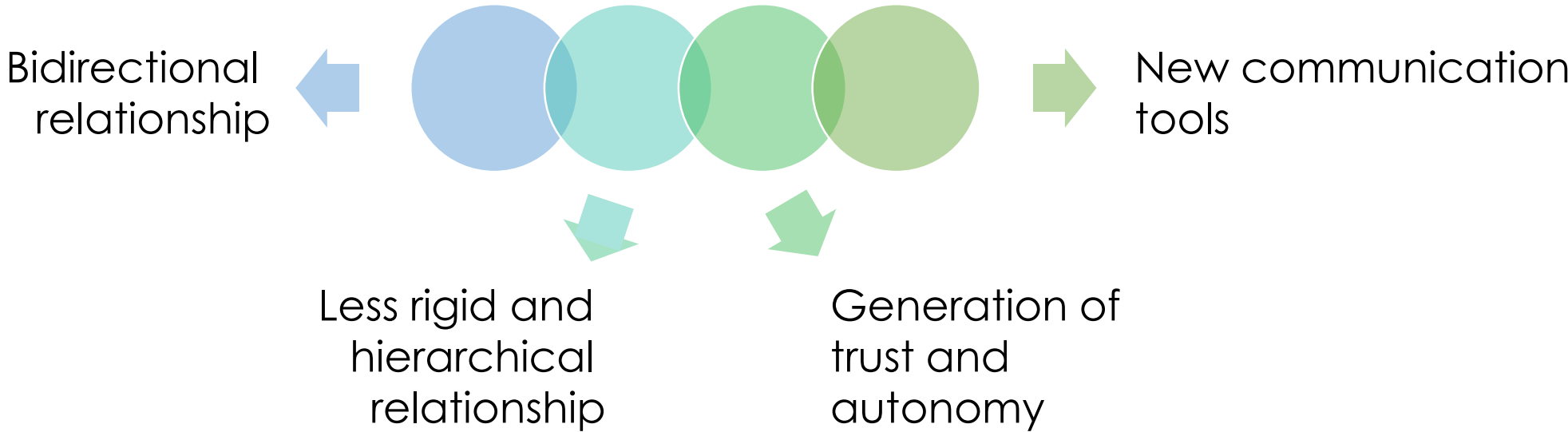
The return to activity The New Normality

- 1 Gradual return, getting fit little by little
- 2 Sadness: a new form of social relationship
- 3 Learning and reflecting on how to live
- 4 Hope for an effective vaccine, to be able to compete
- 5 The games as a symbolic win over the COVID



Narrative analysis

Athlete and coach relationship

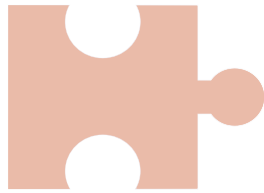




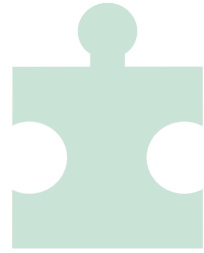
Follow-up techniques

Follow-up techniques

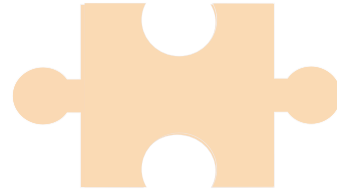
Photovoice



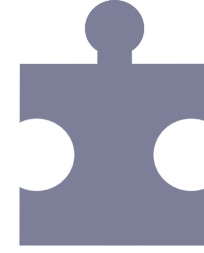
Time Line



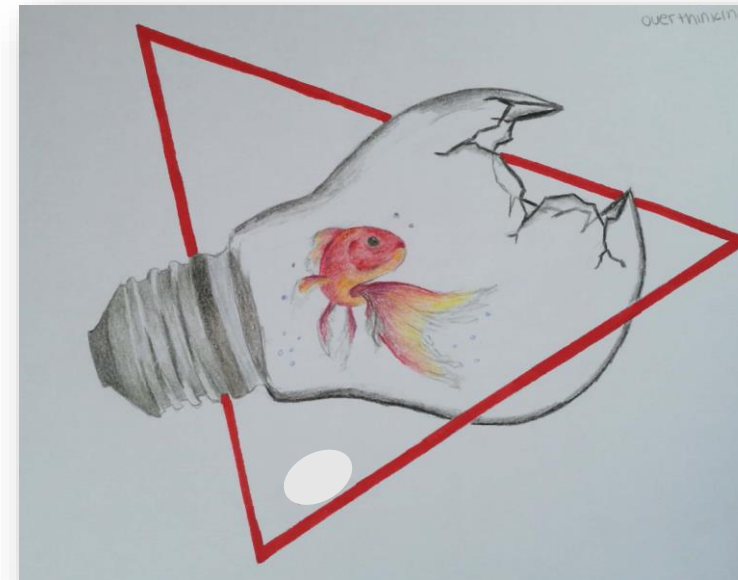
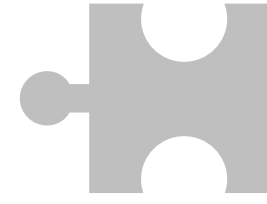
Letter to myself



Solicited Diary



Drawings



Letter to myself



Technique used in Narrative Therapy



This activity is useful to **realize** their **potential** and **possibilities**. By connecting with a brighter future, they can often realize novel and more **creative solutions**.

Dear 12-Year-Old Self,

Stay in school! No more skipping classes! I know it's hard right now to go to all your classes, but ignore your friends who tell you to skip school so you can hang out with them. Remember all of the things you practised in counselling to tell them when they try to convince you to skip ('I can't miss any more or I'll be off the team' or 'My mom said if I miss any more school I will be grounded till summer'). Be strong; you're stronger than them! Remember your goal of getting a good job when you grow up. You can't get one if you never go to school. Put your goal of getting a job on your mirror, and every day you wake up look at your goal and make a plan to go to all your classes. When you want to skip a class, remind yourself of your future. Make a plan to call Aunt Sophie when you feel the urge to not go to school — she'll help you!

Love,
Your Older, Wiser Self

Kress et al., 2011



Solicited Diary

- A record of what an individual considers **relevant** and important in their life.
- Informants **actively participate** in both **recording** and **reflecting**.
- Participants gain more control over the information they want to provide and share.

Milligan & Bartlett, 2019



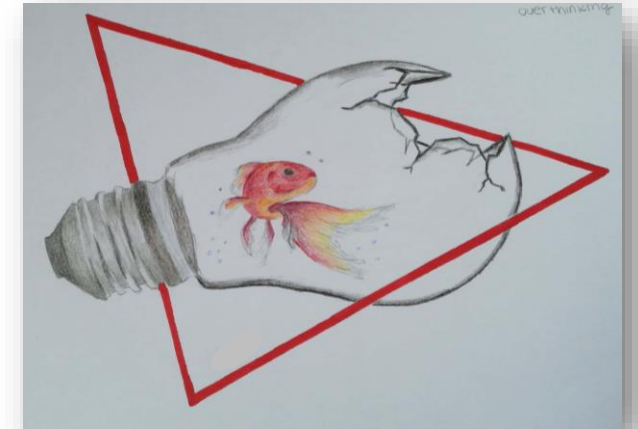
Drawings, collage



Projective technique



They offer a different kind of **glimpse into human sense-making** than written or spoken texts do, because they can express that which is not easily put into words: the ineffable, the elusive, the not-yet-thought-through, the subconscious.



Follow-up techniques

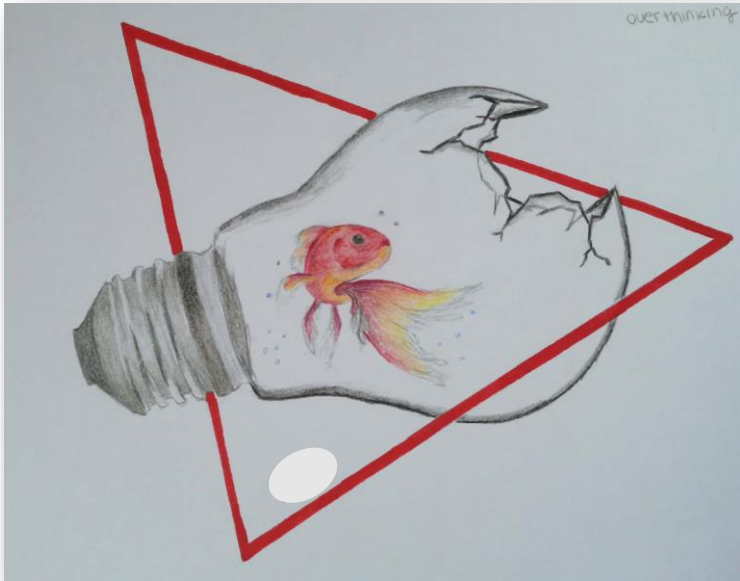
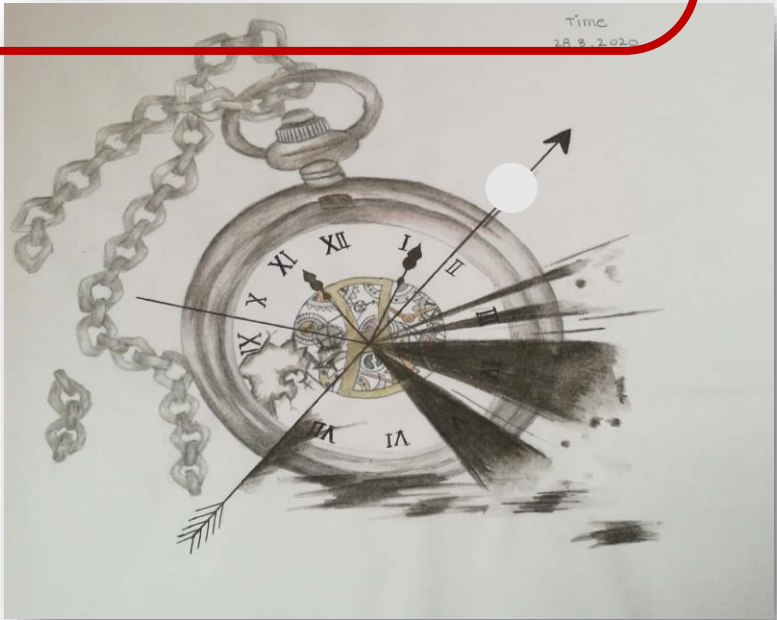
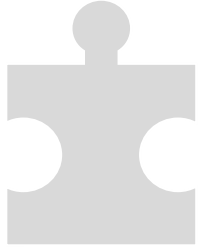
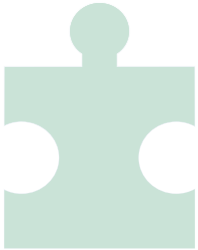
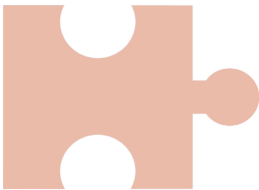
Photovoice

Time Line

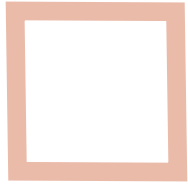
Letter to myself

Solicited Diary

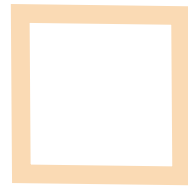
Drawings



PhotoVoice



Qualitative research methodology that utilizes **photography** as a medium through which people **communicate** their **experiences**



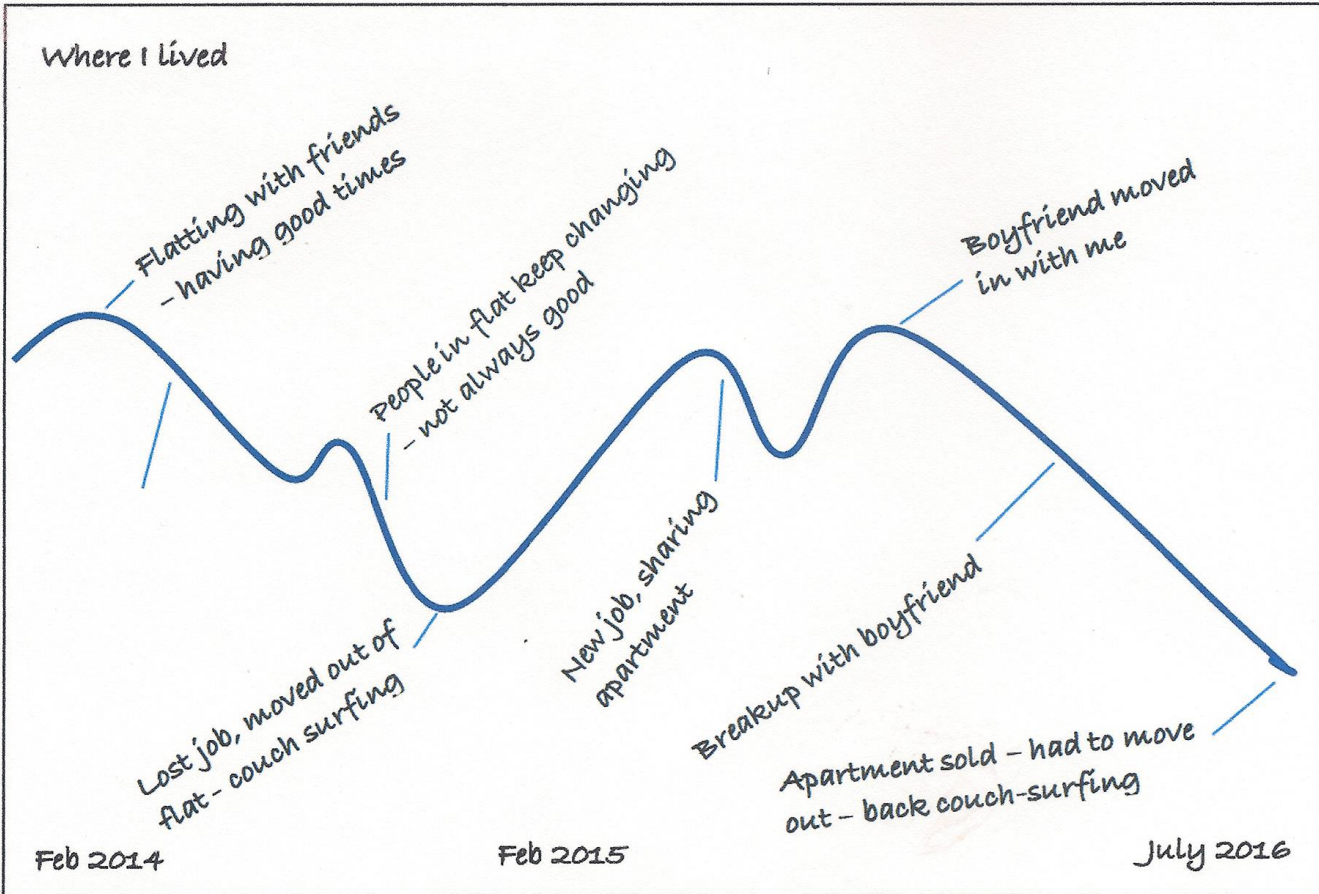
Participants are provided with cameras to take photographs that represent their experiences of the topic they are exploring and **develop** their own **narrative**



Barry & Higgins, 2020



TimeLine



Marshal, 2019.





It's your turn

It's your turn

PhotoVoice

Choose photographs that reflect how you experienced the COVID-19 lockdown (spaces, objects, important people, etc.)

TimeLine

Make a TimeLine that reflects how you have lived the transition of COVID-19. Think about the key moments during this process



To summarize...

A:

Gain more **depth and detail** in narratives.

B:

Facilitate **rapport** between participant and researcher

C:

Facilitate **expression** in those who have a limitation in the use of language.

Marshall, 2019.



References

Barry, J., & Higgins, A. (2020): PhotoVoice: An Ideal Methodology for Use within Recovery-Oriented Mental Health Research, *Issues in Mental Health Nursing*, DOI: 10.1080/01612840.2020.1833120

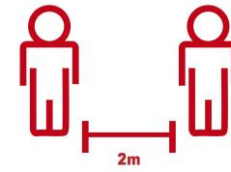
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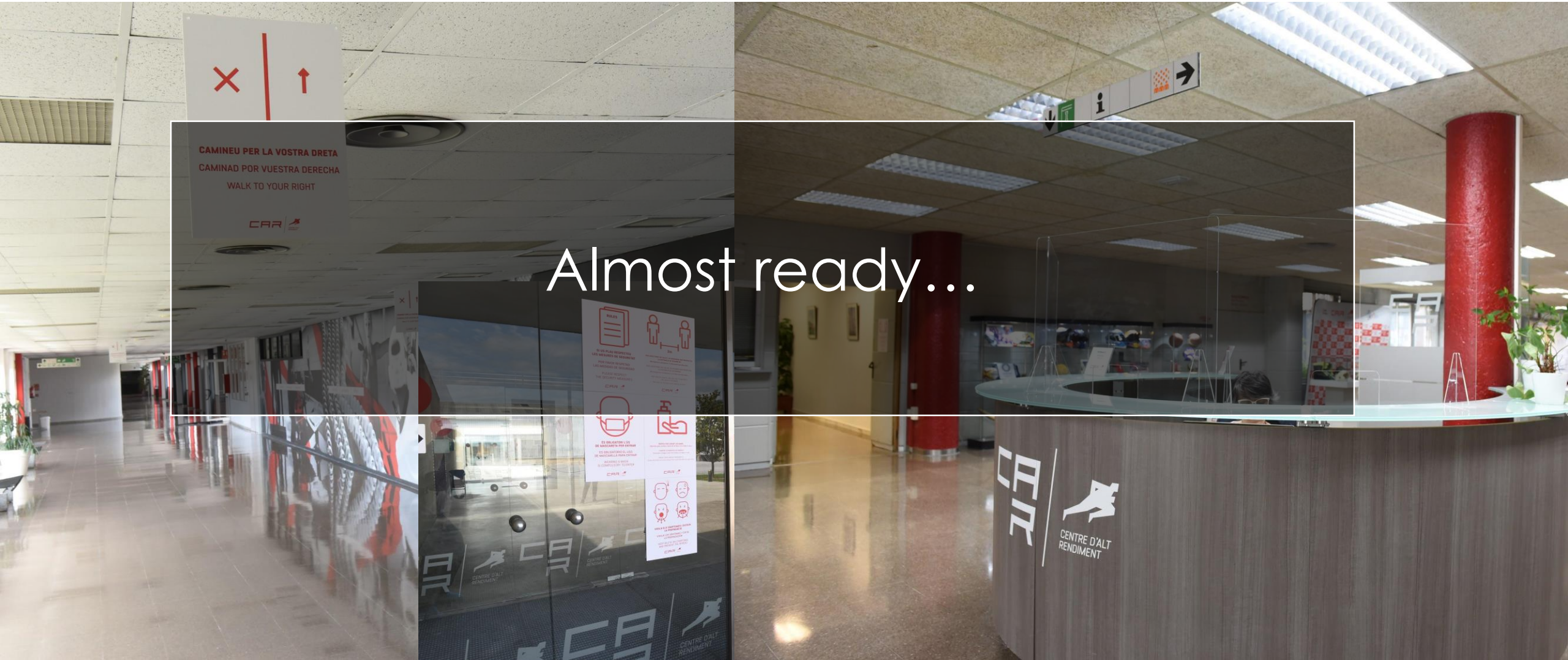
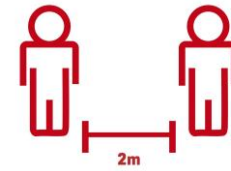
Our reality



The preparation...



Our reality



× | ↑
CAMINEU PER LA VOSTRA DRETA
CAMINAD POR VUESTRA DERECHA
WALK TO YOUR RIGHT
CAR

Almost ready...

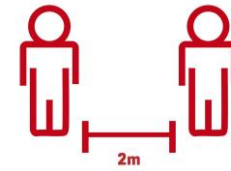
WALK TO YOUR RIGHT
CAMINEU PER LA VOSTRA DRETA
CAMINAD POR VUESTRA DERECHA
WALK TO YOUR RIGHT
CAR

SE HAU DE MANTENIR UNA DISTÀNCIA DE 2 METRES ENTRE LES PERSONES QUE CIRCULEN EN EL ESPAI COMÚN.
SE DEBE MANTENER UNA DISTANCIA DE 2 METROS ENTRE LAS PERSONAS QUE CIRCULAN EN EL ESPACIO COMÚN.
SE HAUT DE MANTENIR UNE DISTANCE DE 2 METRES ENTRE LES PERSONES QUE CIRCULEN EN L'ESPAI COMMUN.
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CAR

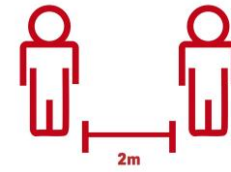
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CENTRE D'ALT RENDIMENT



Our reality



Our reality



See you Tokyo 2021

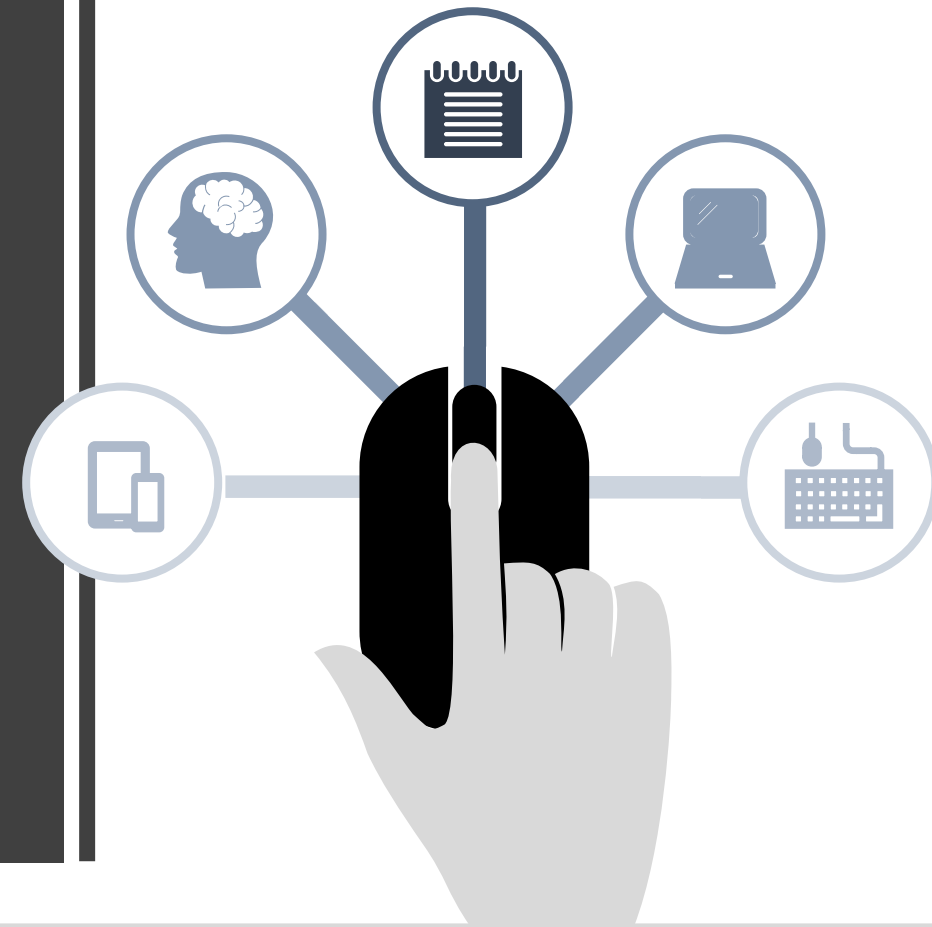


Contact us

COVID-COPING

If you have any questions, do not hesitate to contact us at the following email:

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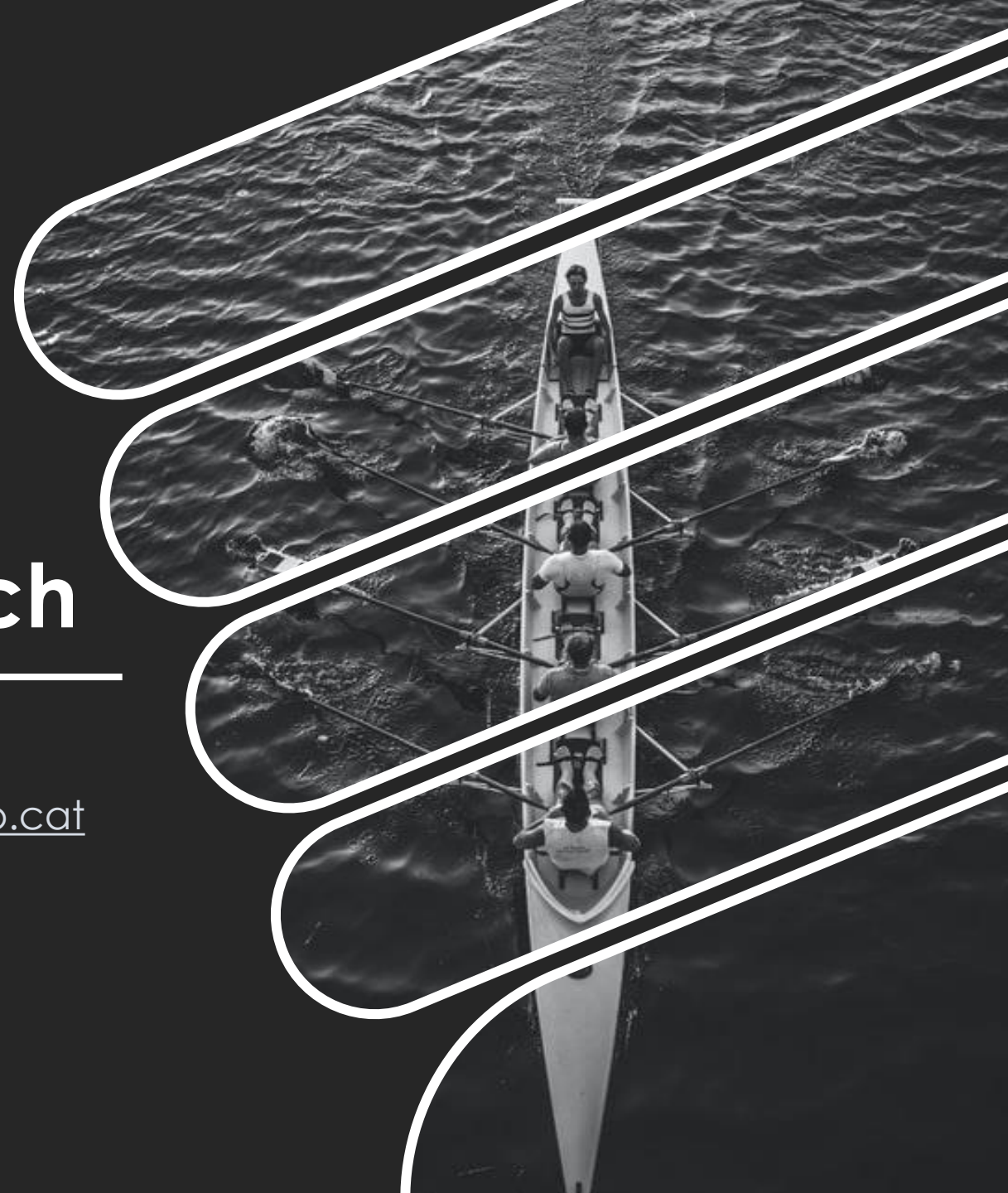
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