

# Supporting players before, during and after their professional rugby careers

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RUGBY PLAYERS  
IRELAND

## REPRESENT

MEDICAL WELFARE  
ISSUES

COLLECTIVE PLAYER  
NEGOTIATIONS

INDIVIDUAL RUGBY  
EMPLOYMENT ISSUES

ADVICE ON: INSURANCE,  
PENSION, LEGAL, TAX

AGENT  
ACCREDITATION

## DEVELOP

CAREER ADVICE &  
GUIDANCE

PLAYER  
WELLBEING

EDUCATION,  
TRAINING & SKILLS

PLAYER PERSONAL  
BRAND

FINANCIAL MANAGEMENT  
& PLANNING

## ENGAGE

PLAYER CORPORATE  
ENGAGEMENTS

INJURED  
PLAYERS FUND

PLAYER COMMUNITY  
ENGAGEMENTS

PLAYER DRIVEN  
EVENTS

TACKLE YOUR  
FEELINGS



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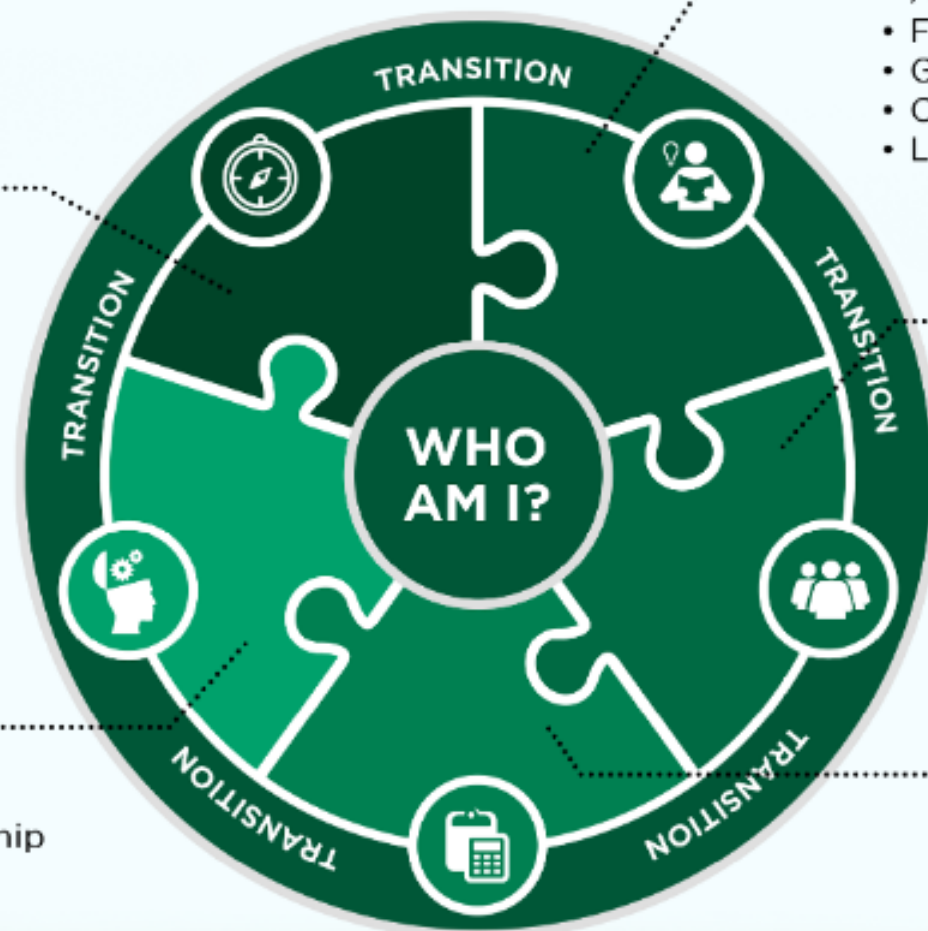
## RUGBY PLAYERS IRELAND / IRFU PLAYER DEVELOPMENT PROGRAMME

### CAREER ADVICE & GUIDANCE

- Career coaching, advice & guidance
- Work experience
- Mentoring
- Networking
- CV & interview preparation

### PLAYER WELLBEING

- Mental health
- Physical health & self-care
- Self-awareness & personal leadership
- Player representation
- Sport integrity



### EDUCATION, TRAINING & SKILLS

- Academic & trade qualifications
- Flexible learning options
- General interest courses
- Coaching qualifications
- Life skills

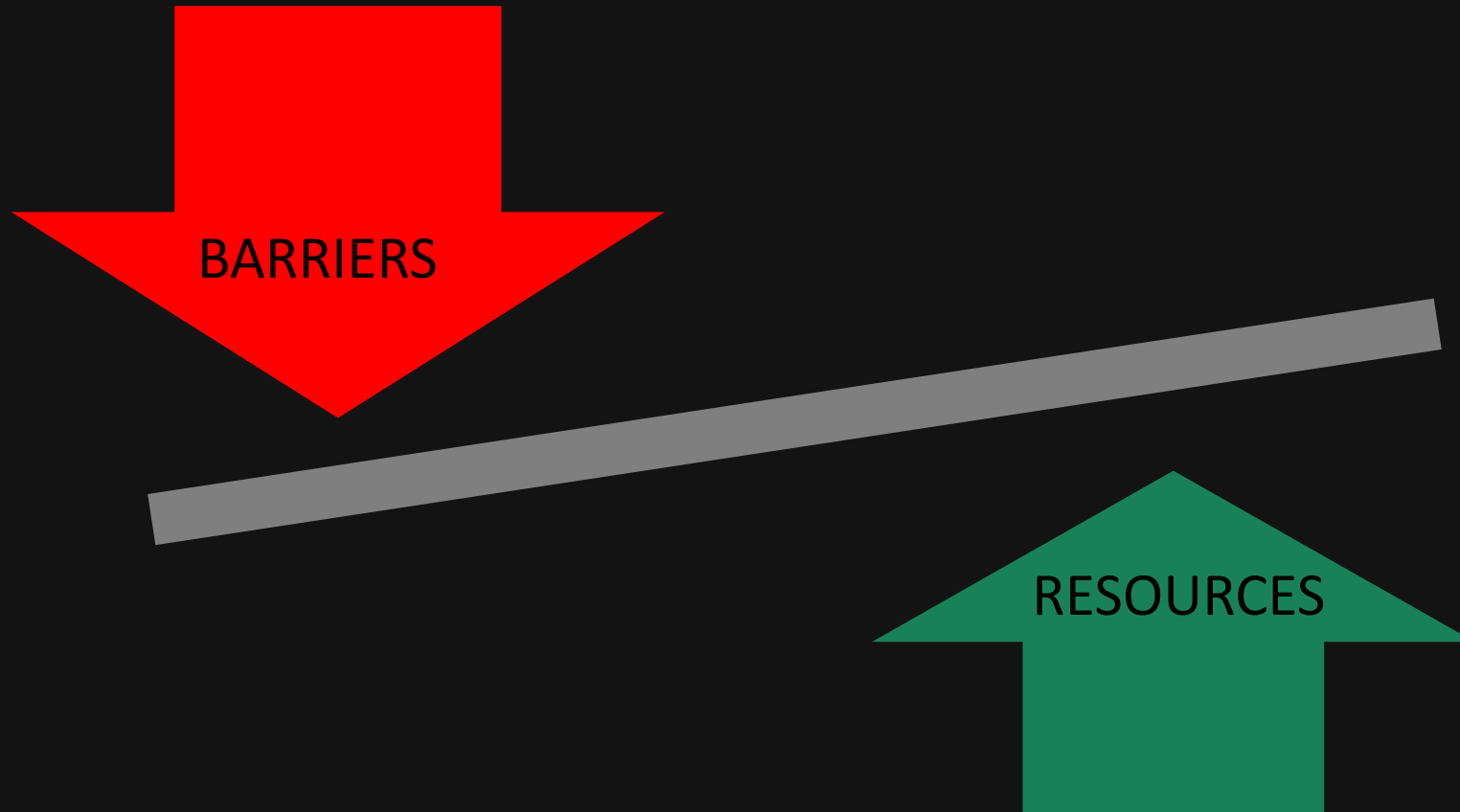
### SOCIAL ENGAGEMENT

- Brand awareness & development
- Social media
- Media & public speaking skills
- Community & charity engagement
- Personal responsibility

### FINANCIAL MANAGEMENT & PLANNING

- Basic financial education
- Long term planning
- Tax advice
- Pension advice
- Insurance advice

# To promote and protect player wellbeing



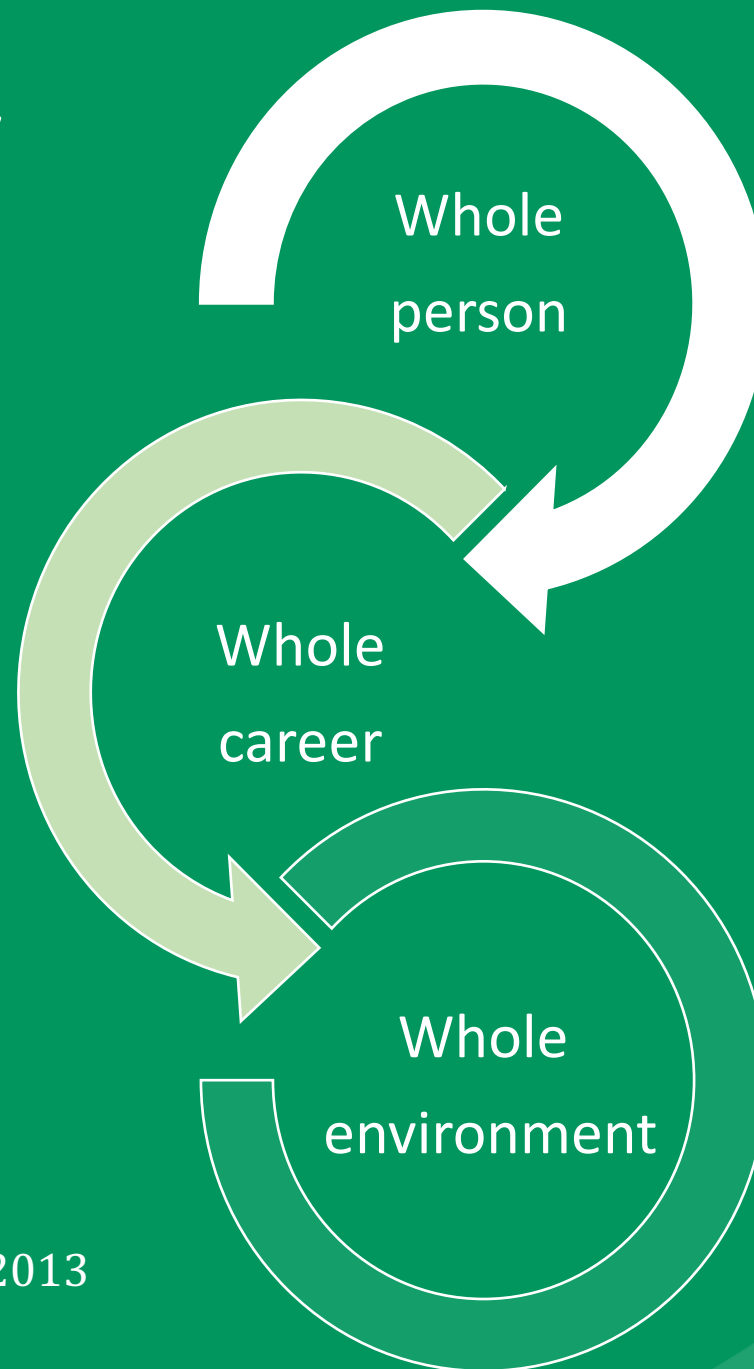
Wellbeing is the balance point between a person's resource pool and the barriers they encounter



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# Our Philosophy



Stambulova & Ryba, 2013



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# Whole Person Approach

Rugby is  
something you do,  
not someone you  
are.



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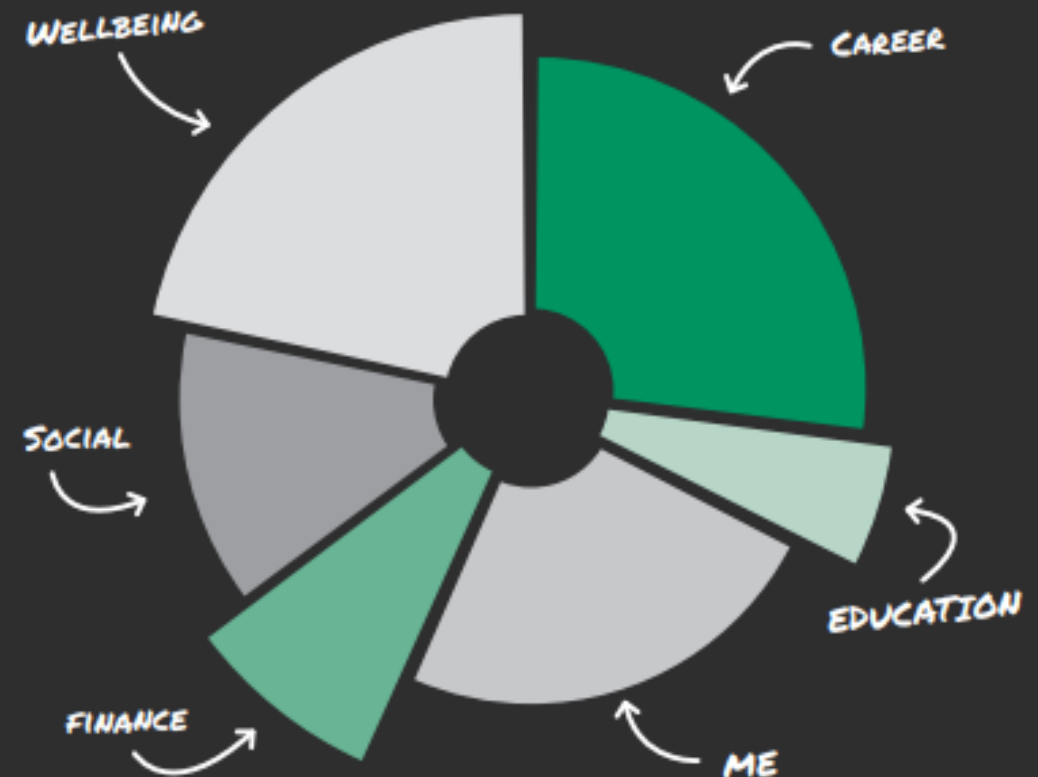


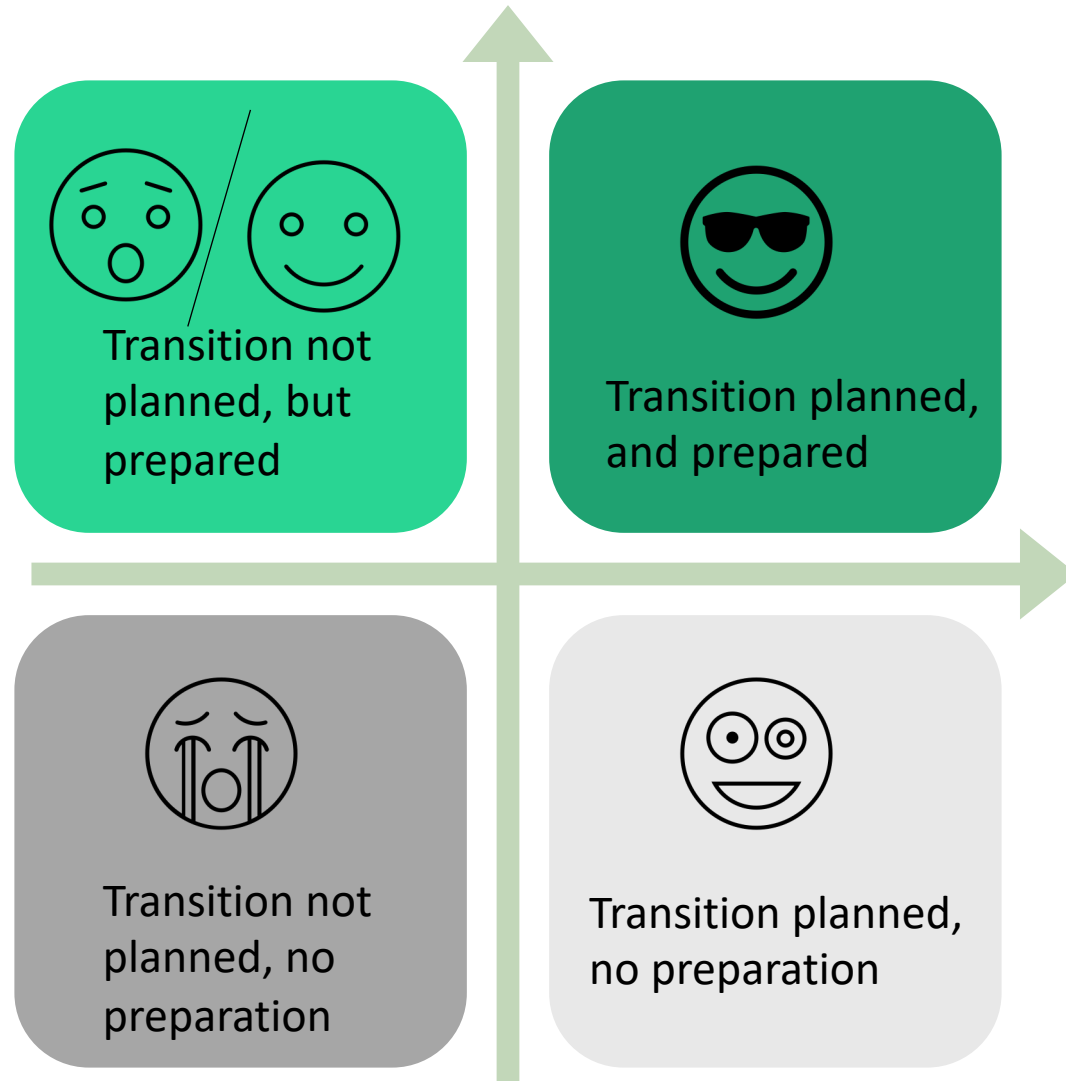
# PLAYER DEVELOPMENT ACTION PLAN



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1. Self-Awareness: Me
2. Career, Advice & Guidance
3. Education, Training & Skills
4. Financial Management
5. Social Engagement
6. Player Wellbeing





Preparation  
for Transition

Planned Transition



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# Whole Career Approach







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Once a member....always a member

RUGBY PLAYERS IRELAND  
**CLUBHOUSE**  
PAST PLAYER ALUMNI



# Whole Environment

## Approach

1. Micro / macro environment
2. Athletic / Non athletic environment
3. Socio-Cultural environment



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Thank you



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## Player Development Manager – Munster

Former professional rugby player  
Ireland & Munster

- 224 Caps Munster
- 67 Caps Ireland
- 3 Triple Crowns
- 1 Grand Slam
- 2 European Cups
- 2 Magner Leagues & Celtic Cup



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