

SOFIE SMISMANS & KOEN DE BRANDT

DUAL CAREER TOOLS

We empower athletes in preparing for their **next** career



SPORT PSYCHOLOGY
& MENTAL SUPPORT
RESEARCH GROUP



When I close the ZOOM app, I have...

- a better understanding of the **competencies athletes require to optimize their employability**;
- identified my own OR my athletes' **strengths, weaknesses and needs** with regards to employability, using the ACQE (Athlete Competency Questionnaire for Employability);
- **shared and discussed** my findings **with other stakeholders**.



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A swimmer in a pool, viewed from above, with a text overlay. The swimmer is wearing a black cap and goggles, and is in a streamlined position. The pool has lane lines and a tiled floor. The text "WHY TO EMPOWER ATHLETES?" is overlaid in a semi-transparent box.

WHY TO EMPOWER ATHLETES?

Multilevel challenges



ACTIVE PHASE

- Time constraints
- Injury
- Lack of support
- Social pressure
- Lack of autonomy

RETIREMENT PHASE

- New social status
- New lifestyle
- Financial insecurity
- New daily routine
- Mental health issues

NEW CAREER PHASE

- Occupational delay
- New financial status
- Daily work life rhythm
- Increased responsibilities
- Changed dress requirements

Athletes' competencies

**ATHLETES WHO EFFECTIVELY
DEVELOP AND EMPLOY THEIR
COMPETENCIES ARE MORE LIKELY TO
EXPERIENCE A SUCCESSFUL
TRANSITION.**

Stambulova, 2003



DUAL CAREER TOOLS

Based on scientific research, **DUALCAREERTOOLS** assists active athletes, former athletes and support staff in optimizing their competencies for a successful career

[SIGN UP](#)[LOGIN](#)

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@VUBtopsport

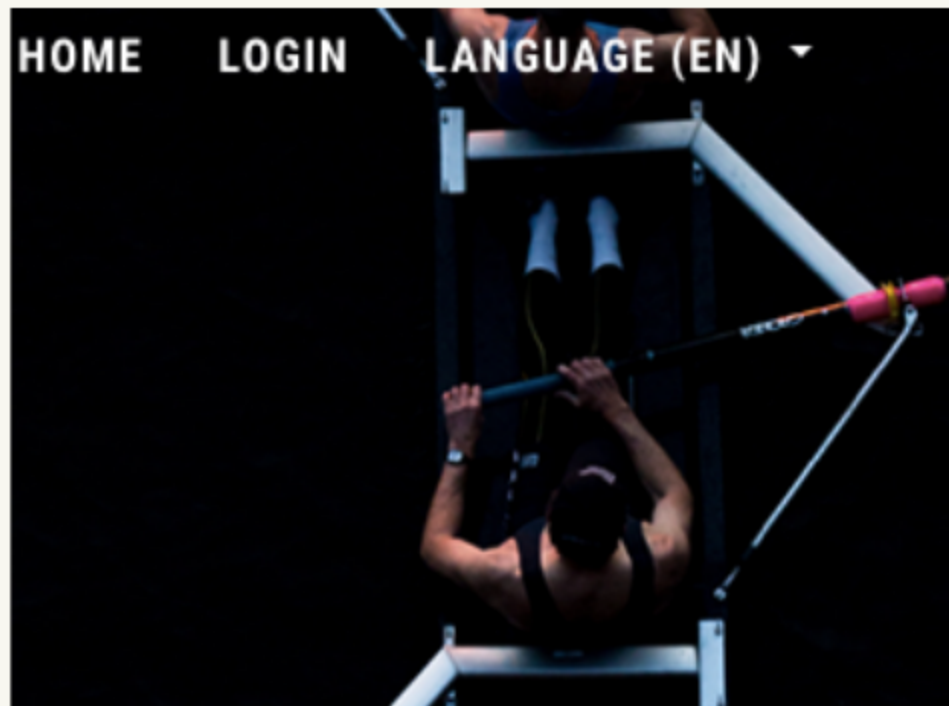


@ TopsportVUB

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EVALUATE YOUR EMPLOYABILITY PROFILE (20')



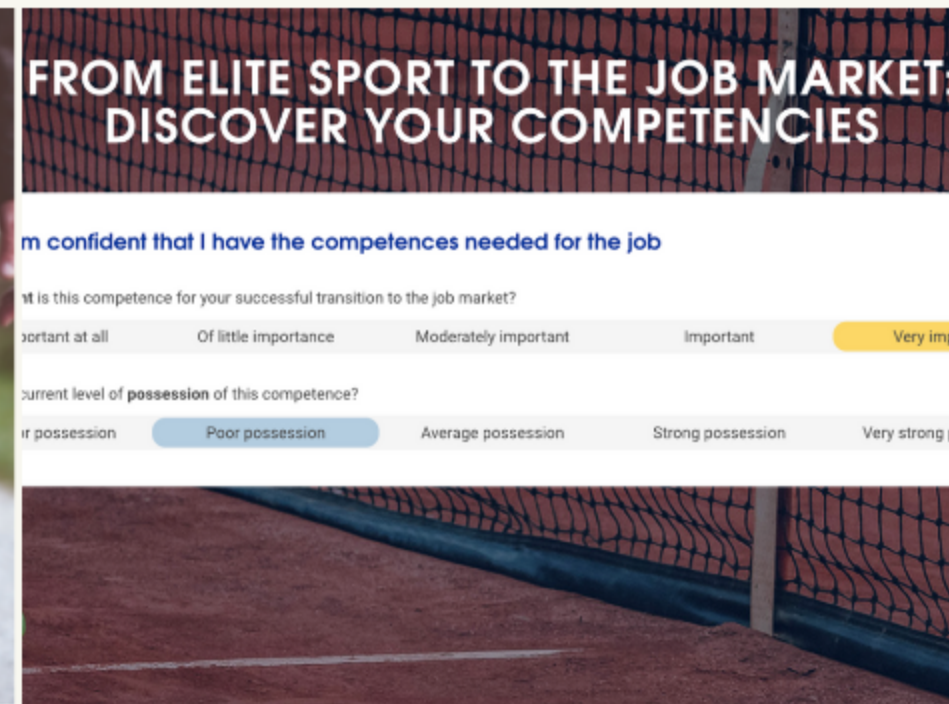
LOGIN

Go to **www.dualcareertools.com** and **login** with your e-mail and password.



SELECT THE TEST

Select '**I am preparing/making the transition from elite sport to the job market**' and click on 'CLICK TO START'.



TAKE THE TEST

Take the test by indicating how **important** you perceive the displayed item for the transition to the job market and to what extent you/your athletes **possess(es)** the item. Do this for all 28 items.

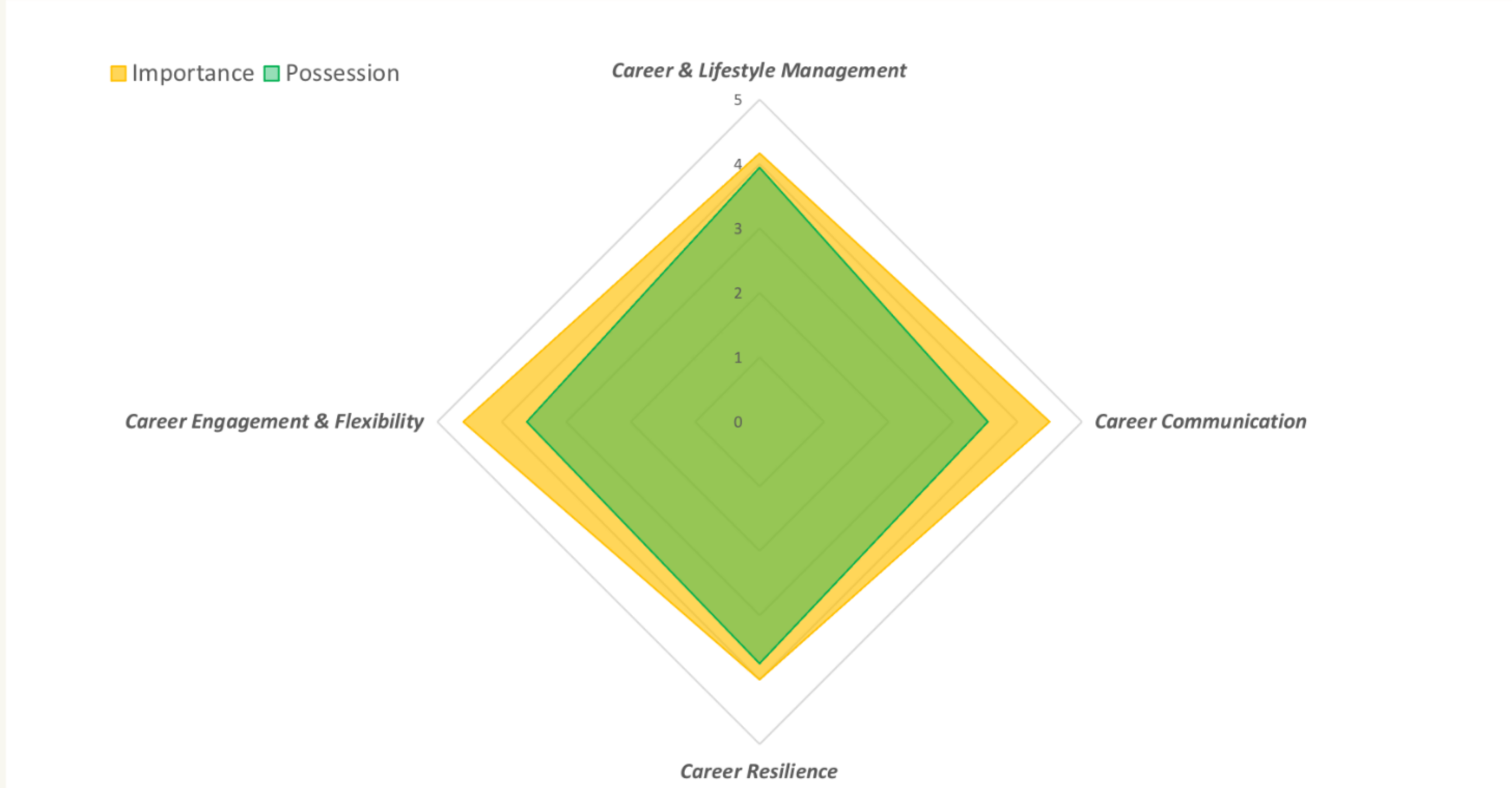


REFLECTION

Reflect on your competency profile, strengths, weaknesses and gaps by completing the **in-tool** reflection exercise.

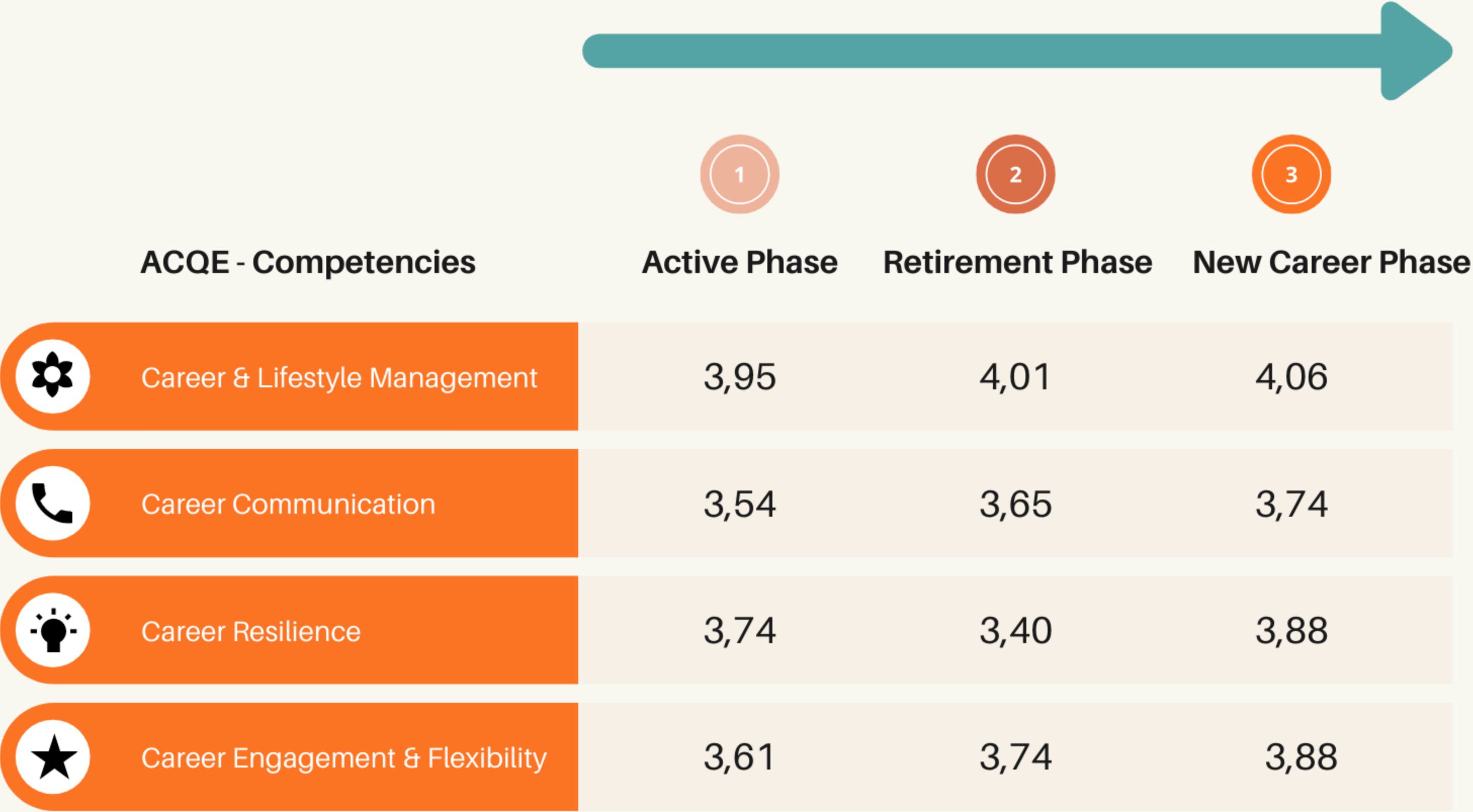
→ Reflect on the competencies of **athletes you work with** OR reflect on **your own career competencies**.

The competence profile of the European athlete



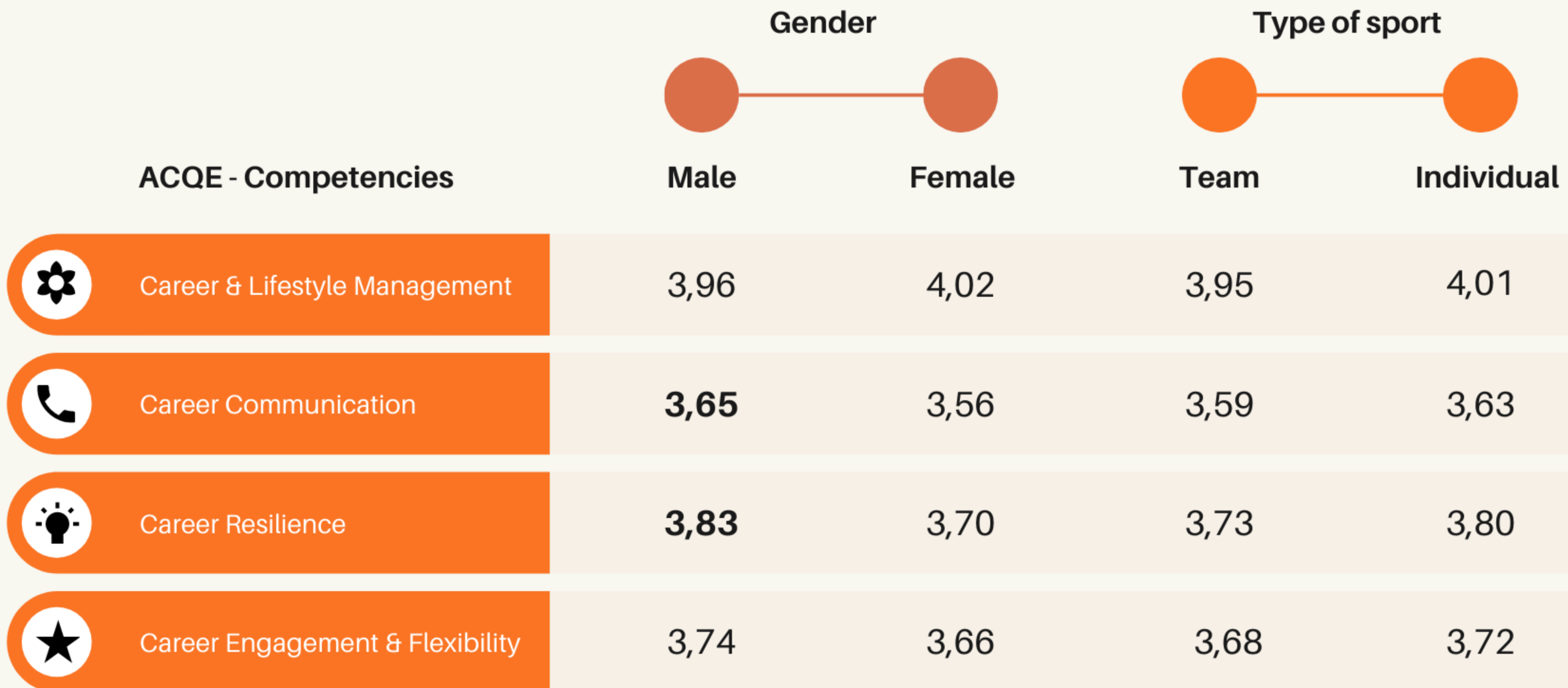
N = 924

The competence profile of the European athlete



N = 924

The competence profile of the European athlete



N = 924

SHARE & DISCUSS (20')



INTRODUCE YOURSELF

- Organisation?
- Sport?
- Function/role?



SHARE & DISCUSS YOUR PROFILE

- Do you recognize yourself/your athlete in this profile?
- What are your (athlete's) main strengths and weaknesses?
- What competencies do(es) you(r) (athlete) need to optimise?
- Which concrete actions can you undertake to optimise your (athlete's) employability?



DISCUSS THE USE OF THE ACQE

- How can this tool be used to support athletes preparing for or securing a new career?

Ask for Help

You can invite the host to this Breakout Room for assistance.

Invite Host

Mute Start Video Participants 1 Share Screen Chat Record Ask for Help Reactions Leave Breakout Room



ACQE in practice

- 01 Self-evaluation & Personal development
- 02 Structure career support with active and retired elite athletes (e.g., workshops, individual support)
- 03 360° Evaluation
- 04 Groups analyses

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THANK YOU!

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