4player

A GOOD LIFE – YOUR WHOLE LIFE

About 4player

Dual career and PDM unit supporting members of the Danish player & athletes associations

Set up by the PFA

6 full-time and 2 part-time employees

Rasmus N. Haagensen

Head of programme

With 4player since 2007

Former professional handball player

Social science & sport science





With a focus on the person behind the athlete, 4player wants to ensure elite athletes the possibility to have a good life – their whole life.

4player wants to ensure elite athletes the possibility to get the most out of their sports career, prepare for transition and to have career-satisfaction after the sport.



Areas of support



Education & personal development



Job & career



Mental health



DIVERSITY

DIFFERENT NEEDS

DIFFERENT APPROACHES

DEPENDING ON NEEDS & FUNDING

Members

Approx. 2.400 members in total

Active and former players/elite athletes

Professionals, semi-professionals, amateurs

Football, handball and other sports

Youth and seniors



Dual career challenges

- Prefers sport can be a lack of motivation for education (no need if pro)
- Risk of postponing (I already have a job)
- Risk of down-prioritizing education (suboptimal results)
- Risk of limited space/flexibility for preparing
- Risk of building a strong athlete identity only
- Narrow identity and lack of preparing can result in a more challenging transition
- Fearing the future can potentially result in lower performance



Approach

- we come to the players

- Club visits
- Plenum session + 1:1 talks with the players
- Have the players commit to additional coaching/support 1:1
- Workshops at the clubs
- PDMs assigned to each club building relationships with the players (external / confidentiality)

REACHING A LARGE NUMBER OF MEMBERS

- have the players come to us
- Direct member communication
- Campaigns & SOME
- Ambassadors & case stories
- Seminars (Entrance & Transition)
- Online tools (Career plan & CVDB)



Steps and support

Coaching 1:1

Career planning tool

Small steps

If not education, then personal development

Coaching and follow up 1:1

Educational partners

Online programmes

Dual career seminar

Coaching 1:1

Career planning tool

Personality profile

Look outside sport

Coaching 1:1

CV database

Workshops

Job partners

Coaching and follow up 1:1

Transition model

Transition seminar

Clinical psychologists

Motivation

Choice of education / Who am I? preparatory steps

Getting a **Dual career** flexible problemsolving setup

Who am I? Career plan

CV / LinkedIn

Job /

Search / outplacement

Preparing for transition

Transition follow-up

Personal development

Building identity

Support on mental health and well-being during and after

