

Career Support Symposium

SUPPORTING ATHLETES BEFORE, DURING, AND AFTER ATHLETIC RETIREMENT?

Paul Wylleman, Sofie Smismans, Simon Defruyt Koen
De Brandt, Jolan Kegelaers, Suzan Blijlevens

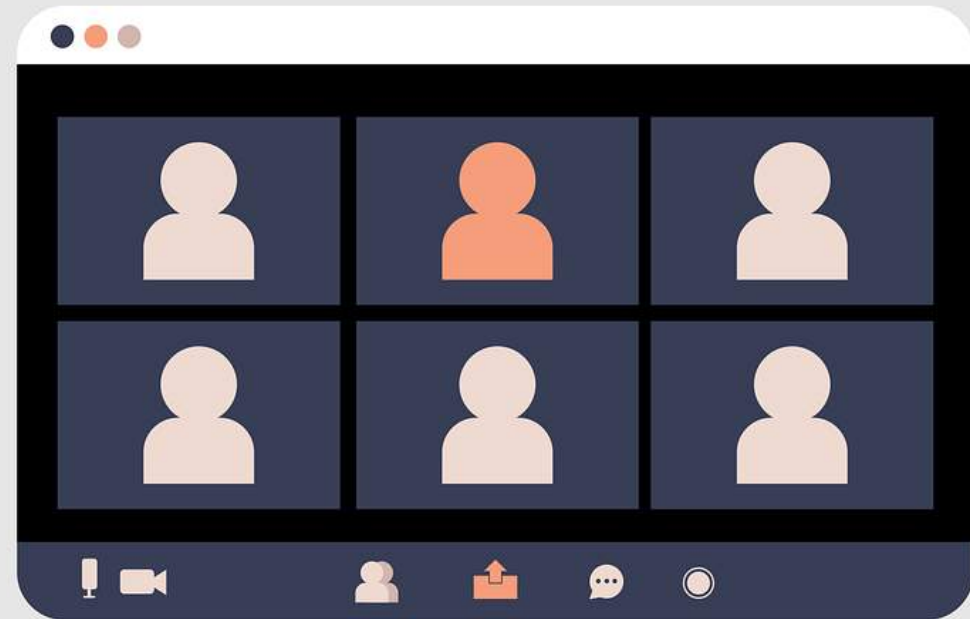


SPORT PSYCHOLOGY
& MENTAL SUPPORT
RESEARCH GROUP

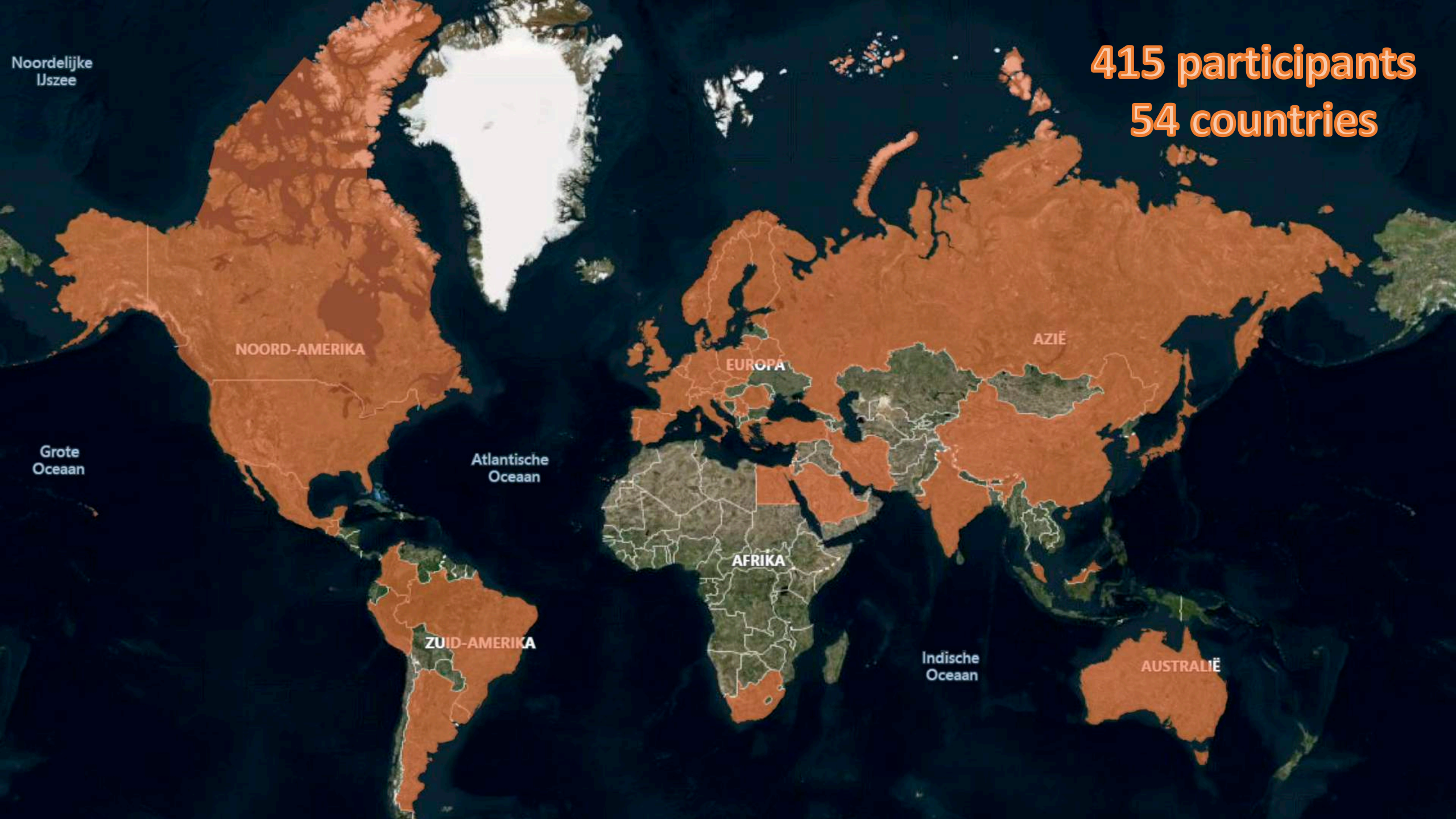
Practical

Online?

- Mute and camera
- View
- Questions via chat
- Plenary session recorded
- Rename



415 participants
54 countries



NOORD-AMERIKA

ZUID-AMERIKA

EUROPA

AFRIKA

AZIË

AUSTRALIË

Noordelijke IJzee

Grote Oceaan

Atlantische Oceaan

Indische Oceaan

Halic University Amsterdam University of A.S. HBO Drechtsteden
FPA of Finland Guatemalan Olympic Committee Aarhus University
ENGSO Youth High Performance Academy
EAP, Greece 4player Danmark Defensie EU Athletes
ADEPS Bball in the sky GIBA BE-calm Fundacinmova Avans Hogeschool
Clear Obstacles GSU Deutsche Sporthochschule Connect Management
beachvolleybal FCEH Halmstad University
French NOC HAS University of Applied Science EIS CY Cergy Paris Université
FormaSport English Institute of Sport Croatian Olympic Academy
Friesland College CTO Zuid AIS European Commission BOIC BLA Högskolan Dalarna
double pass NV GIH AJFS Belgian Basketball Federation De Sportmaatschappij
CROSOF Bepro Engie Benelux Game Plan CTO Noord Colexio Oficial de Psicología
British Olympic Association Adecco ARBH FIFPRO HS Huddersfield Rugby
Egyptian Olympic Committee Champion Foundation High Concil of Sports
CAR Avans University of Applied Sciences Deloitte
British Athletes Commission Centro Universitário Metodista IPA
Swedish Sports Confederation
Slovak Olympic and Sports Committee Spelaröreningen fotboll i Sverige
Topsport Amsterdam Sport Ireland
Rugby Players Association Swansea University
Team Danmark Sports Authority Of India Solent University Sport Vlaanderen
The Rugby Players Association Rugby Vlaanderen
Topsport Gelderland The Rugby Players' Association Sport'R Slovenian Athletes Union
Sport Ireland slovak archery association TICKA
Sports Embassy The Cyclists Alliance Russian Olympic Committee
Sport Singapore UAB TASS
Turkish School Sport Federation Sportlycée Tilburg University
Tampereen urheilukaatemia SHU TWIN Swiss Olympic Association
SPFCG SICO Swedish Gymnastics Federation Stedelijk Lyceum Topsport
Syddansk Elite Sporttop
Swedish Swimming Federation tennis de table test Student Swiss Volunteers
Studio Panzeri Dr. Gianpaolo The Outer Line/VeloNews.com
Seton Hall University summa college eindhoven Swedish Olympic Committee
Rugby Players Ireland Seoul National University Spanish Paralympic Committee
The Norwegian Olympic and Paralympic Committee
Sportpsycholoog-hardy.nl Taekwondo Vlaanderen

IC ROC METROPOLITAN COLLEGE
Romanian Olympic and Sports Committee Royal Spanish Swimming Federation Mid Sweden University
Johan Cruyff Institute Rodenborch- college LJM
Portugal Olympic Athletes Commission New York University
Mavericks Soccer Club Real Madrid Academy KADA Nottingham Trent University
Retired athlete International Olympic Academy
IOC King said university NISO ICF Polish Olympic Committee
Pro League LOS Jalkapallon Mojo Nike Royal Antwerp Football Club
Mind-Set KRAB.agency NTC Papendal Knhb NTB Olympiastützpunkt
NOC of Lithuania Iscte PUCP israel team NSA OSP Hessen NL Sporter
League Football Education IPC LFBB RSC Anderlecht MoreLife Malta Football association
ILO PFA Scotland Private practice M.V. Consulting MEGOC
ISU Loughborough University M.V. Consulting
IWRF Ride Your Unicorn NOC*NSF Inland Norway University
Improve Your Mind Israel paralympic committee Korea University
Koenders en Coaching IWGA National Youth Sports Institute
Munster Rugby
University of Thessaly
World Para Powerlifting
Yunus Sports Hub University of Limerick
University of Peloponnese Young Talent Academy VITATLON
Universidad Santo Tomas University of Southern Denmark
University of Birmingham University of Maastricht
Wingmen World Taekwondo UoN Judo University of Brighton
University of Pretoria University of Chieti-Pescara University of Verona
UIB UM student VUB WPA UGent
Vlaamse Atletiek Liga Universitat Ramon Llull
Vrije Universiteit Amsterdam University of Sao Paulo UEL
UK Sport Virtus Umtopsports University of Malta
Universidade de Brasilia VVCS University of Maribor
Voetbal vlaanderen University of East London UM Top Sport
VDAB Vlaamse Ju-Jitsu Federatie vzw
Umeå Universitet UWV Servicepunt Topsporters visit.brussels
University of Suffolk University of Gothenburg
Universidade de São Paulo Welsh Triathlon

Agenda plenary session

09.30 – 09.50



Paul Wylleman – VUB

Introduction & Welcome

09.50 – 10.10



Nuria Puig – IOC Olympic Studies Centre

The IOC Olympic Studies Centre and its research Grant Programmes

10.10 – 10.40



Sofie Smismans & Simon Defruyt – VUB

Supporting athletes before, during and after athletic retirement

10.40 – 11.15



Rasmus Haagensen – 4Players Denmark

A good life, all life: Preparing players for life after sport

Agenda plenary session

11.30– 12.05



Wanda Schapendonk – NOC*NSF

TeamNL@Work: A good transition from elite sport to the next career through early awareness and continuous support

12.05 – 12.40



Deirdre Lyons & Marcus Horan– Rugby Players Ireland

Rugby Players Ireland: Supporting players before, during and after their professional rugby careers

12.40 – 12.55



Chantal Buchser – International Olympic Committee

Closing Plenary Session

R1: 14.00 - 15.00

R2: 15.15 - 16.15

Agenda Workshops

WORKSHOP 1



Sofie Smismans & Koen De Brandt – VUB

DualCareerTools: An Empowering approach in supporting athletes for their next career

WORKSHOP 2



Simon Defruyt & Jolan Kegelaers - VUB

Looking beyond the individual: Evaluating the essential features of a career-supportive environment

WORKSHOP 3



Sofie Hendrickx & Dries Koekelkoren

Role Models: Testimonials of active and former elite athletes

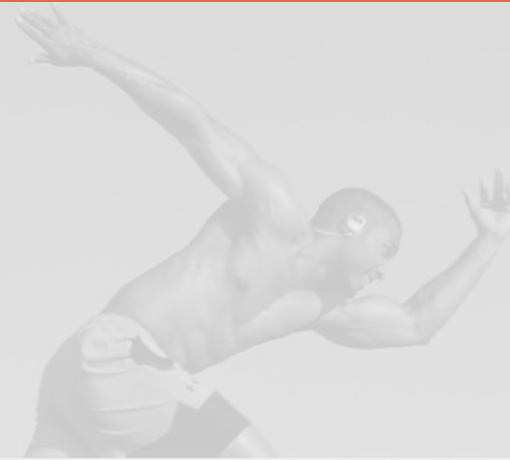
WORKSHOP 4



Anna Jordana & Marta Borrueco – UAB

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

Career Support Symposium



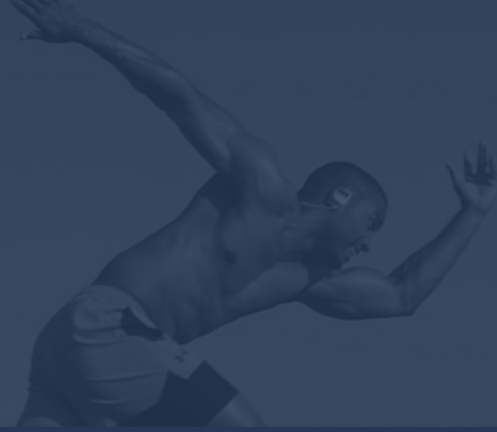
INTRODUCTION

Paul Wylleman



SPORT PSYCHOLOGY
& MENTAL SUPPORT
RESEARCH GROUP

What do we know?



Holistic career perspective

	Development		Elite		Post-career
Athletic development	Initiation	Development	Mastery		Discontinuation
Psychological development	School-child	Puberty	Adolescence	Adult	
Psychosocial development	Parents Siblings Peers	Peers Coach Parents	Partner - Young family Coach - Support staff Teammates - Students		Family (Coach) Peers
Academic/vocational development	Primary education	Secondary education	<u>Prof. athlete</u> Higher education	(Semi-) prof. athlete	Post-athletic career
Financial development	Family	Family NGB	NGB • NOC Sponsor		Family Employer
Legal development	Minor		Adult (of age)		

Holistic career research



Gold in Education and Elite Sport
 Enhancing the competences of elite student-athletes & dual career support providers
 Co-funded by the Erasmus+ Programme of the European Union

9 countries • 40 experts
 4196 athletes
 524 DC support providers

ECOLOGY of DUAL CAREERS
 - Exploring Dual Career Development Environments across Europe
 7 countries
 348 athletes
 379 DC stakeholders

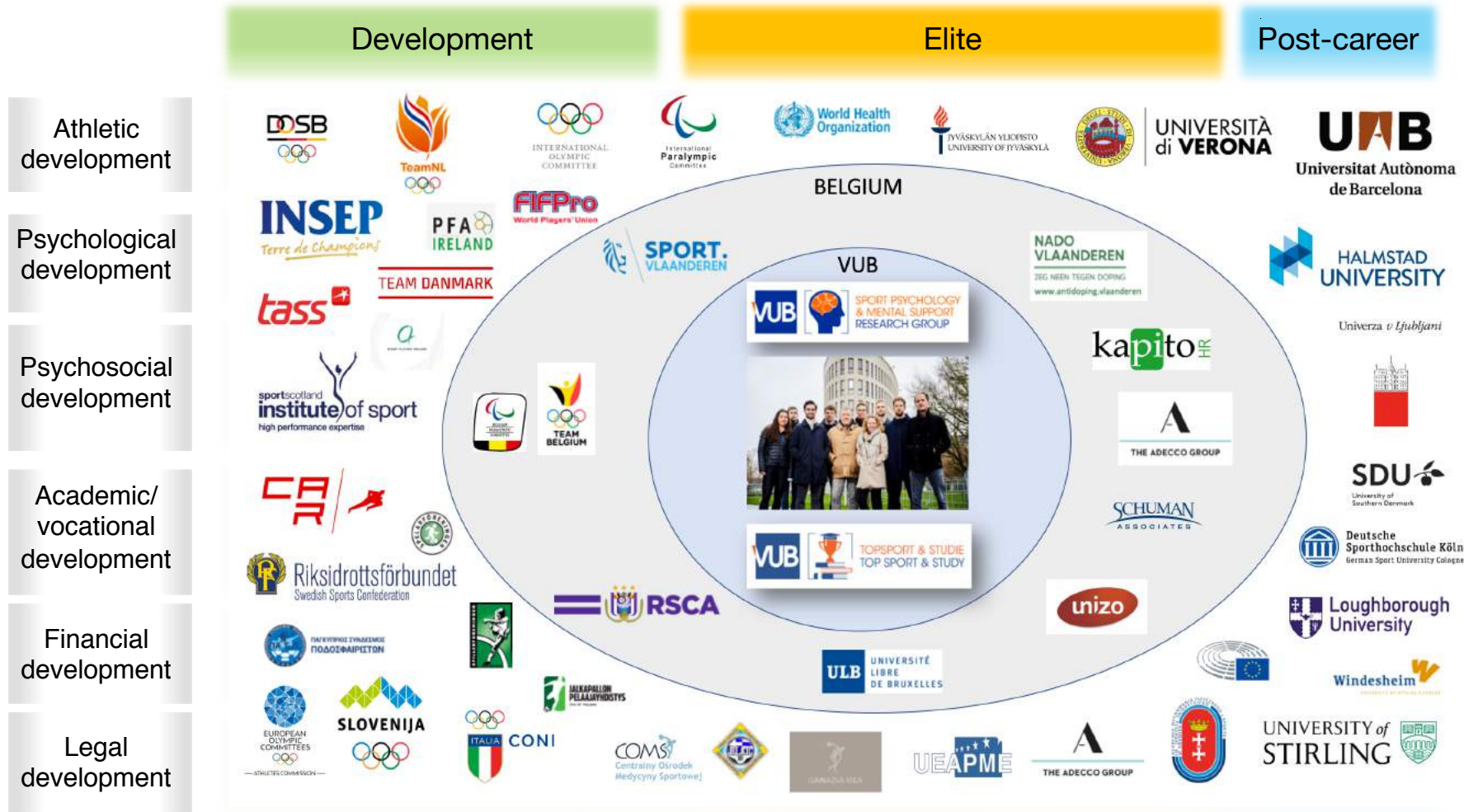
THE OLYMPIC > STUDIES CENTRE

DC4MH

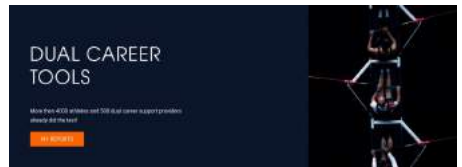
B-WISER
 6 countries • 14 experts
 1498 athletes (Coach)
 169 DC support providers
 65 employers

MindTheGap
 STAY PRO
 9 countries • 14 experts
 > 5,000 players
 35 player development managers

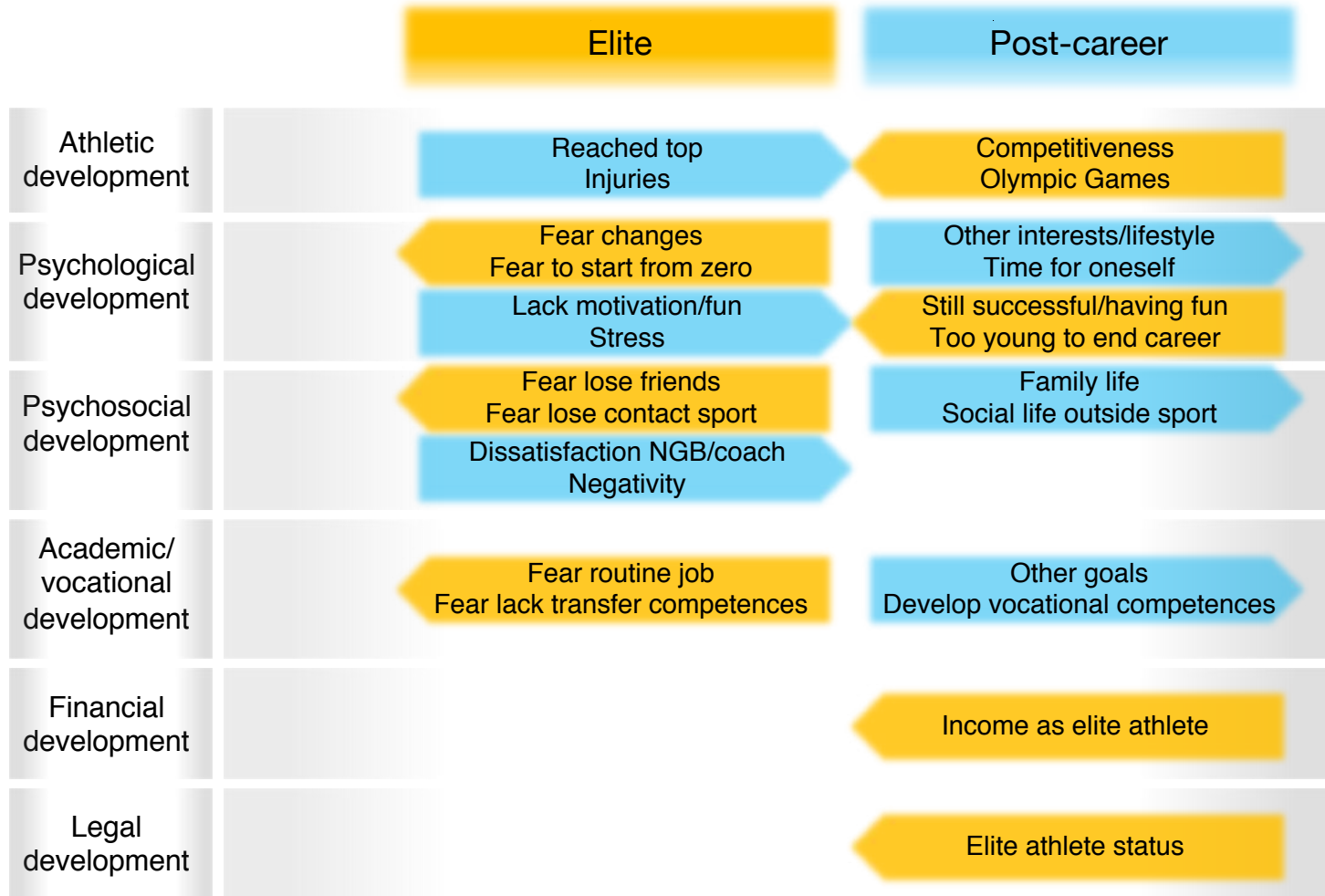
Holistic career research



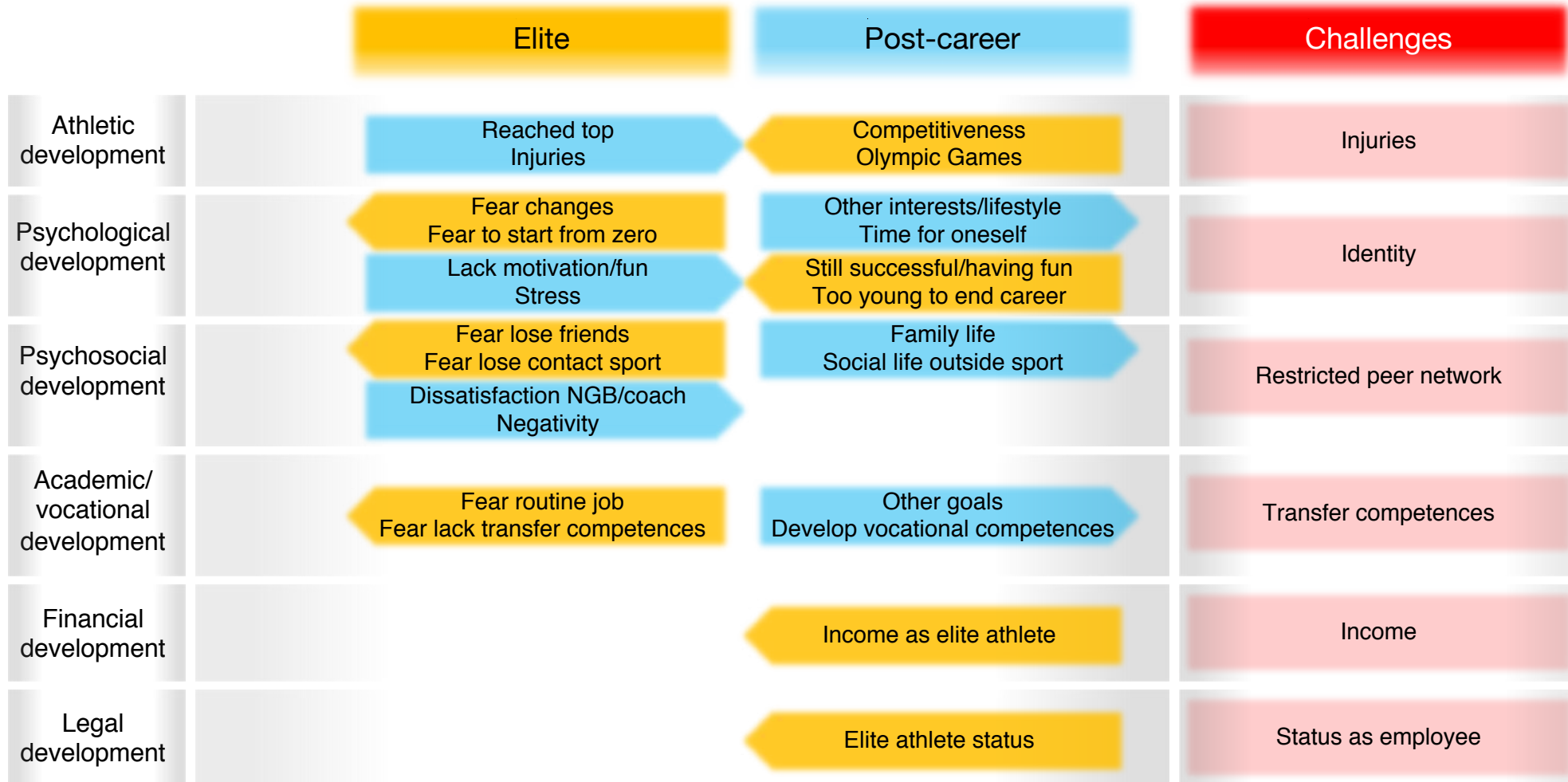
Holistic career perspective



Deciding



Challenging



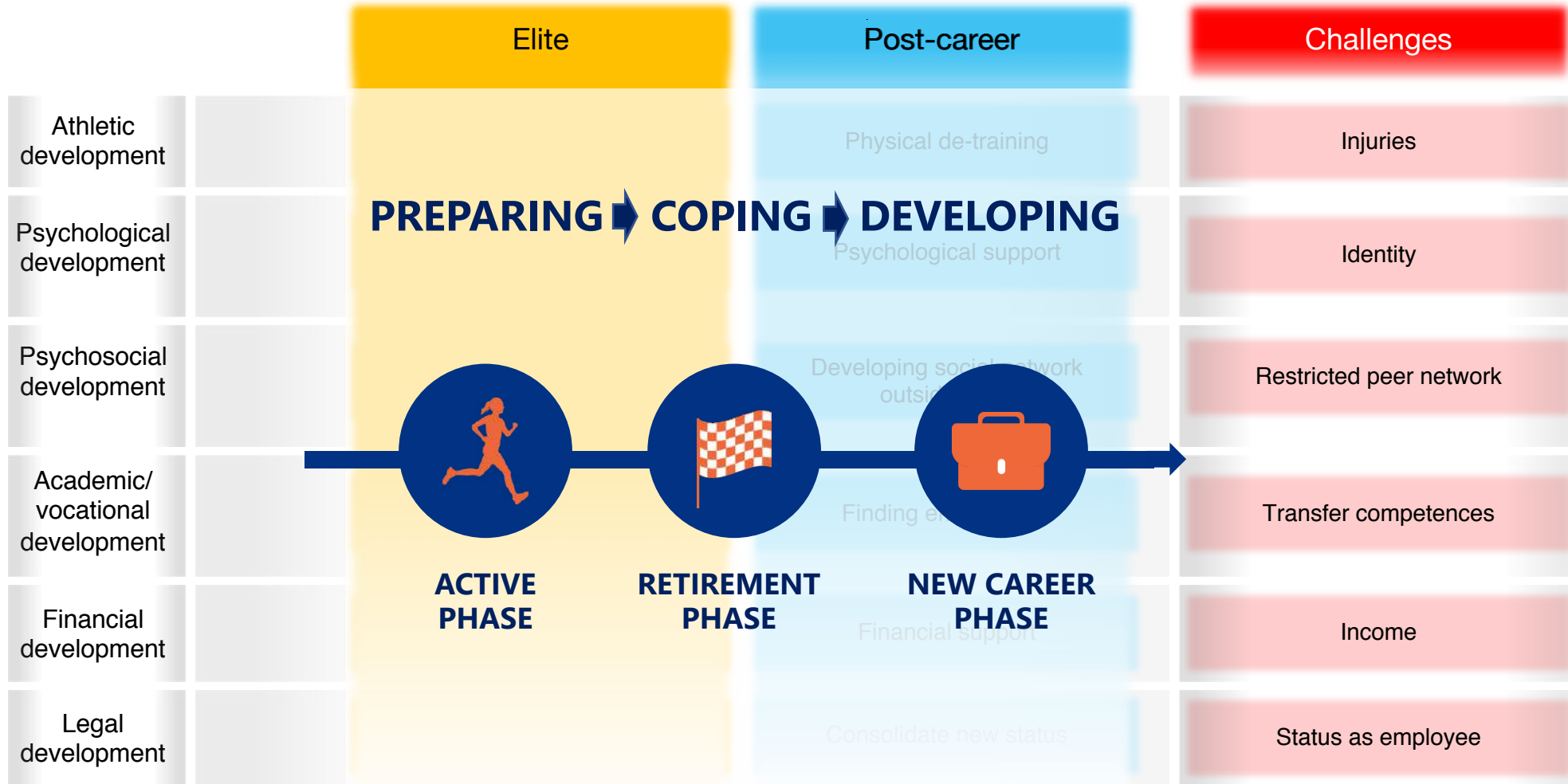
Coping & developing

	Elite	Post-career	Challenges
Athletic development		Physical de-training	Injuries
Psychological development		Psychological support	Identity
Psychosocial development		Developing social network outside sport	Restricted peer network
Academic/vocational development		Finding employment	Transfer competences
Financial development		Financial support	Income
Legal development		Consolidate new status	Status as employee

Preparing & transitioning

	Elite	Post-career	Challenges
Athletic development	Planning final season	Physical de-training	Injuries
Psychological development	Life style Discovering other interests	Psychological support	Identity
Psychosocial development	Developing social network	Developing social network outside sport	Restricted peer network
Academic/ vocational development	Degree Career planning/job opportunities	Finding employment	Transfer competences
Financial development	Financial support	Financial support	Income
Legal development	Phasing out elite athlete status Preparing for new status	Consolidate new status	Status as employee

Three consecutive career stages



Who are we?



spmb.research.vub.be/en/home