

ATHLETE TRANSITION COACHING PROGRAMME



SUPPORTING ATHLETES TO PREPARE FOR THE NEXT STEP

All athletes have to face and prepare for their sporting career to end. While the transition is not always easy, we know that being prepared, planning early and building awareness of potential challenges improves the rates of successful transition and the selection of a sustainable next step.

BENEFITS OF SEEKING SUPPORT

- Creation of identity beyond the sporting realm.
- Assistance to identify and articulate transferable skills.
- Practical support to identify, and work towards goals outside of sport.
- A confidential safe space to work through change.

OUR PROGRAMMES

Our programmes are built collaboratively and cover topics from approach to transition, building self-awareness, discovering and articulating transferable skills and practical career, job search and financial support.



PREPARATION 3 SESSIONS

Focused on athletes voluntarily planning to transition in the medium-term future providing practical support to help identify opportunities and make realistic plans to reach them.



INSIGHT 6 SESSIONS

Support for athletes transitioning in the near future to develop a plan and focused attention to reset their career path and move into desired career.



EXPLORE 10 SESSIONS

In-depth guidance to support athletes re-evaluate, plan and implement next career step.

 kiaora@kindredwork.co.nz

 www.kindredwork.co.nz