

Athlete Transition Checklist

10 STEPS FOR A SMOOTHER TRANSITION

So you've played your last game, raced your last race, and made the difficult decision to retire from your sport. What next? Transitioning to a new structure, schedule and identity can be challenging. This checklist should give you some practical aspects to think about as you find your path.

If you are a current athlete, it's a good idea to start considering these points before you retire from sport.

ENGAGE WITH YOUR CLUB



Engage with your club or team athlete development manager to discuss what support the club or team can offer you once you retire. Many teams and clubs have at least some transition support available.

SEEK CAREER DEVELOPMENT ADVICE



See a career development expert, who can help you identify transferable skills, areas of passion and purpose, and ways to turn them into a career!

UPDATE YOUR CV



List your sporting achievements but also focus on the transferable skills you have learnt, such as commitment, time management, nutrition planning or goal-setting.

NETWORK!



Identify areas you are interested in and attend as many events and conferences in that field as you can. Spending time with like-minded people is inspiring and can open many doors.

SEEK FINANCIAL ADVICE



Speak to a financial advisor to discuss your current financial situation, any changes you need to make, potential support available, and how best to invest any funds you have for the future.

CREATE A ROADMAP



Create a roadmap of where you are and where you want to be, then list the various actions that will get you to your destination. Contact us to find out more about this process.

KEEP EXERCISING



Your mental health will take a hit when you are no longer training every day. Finding new ways to keep active will help keep the levels of dopamine and serotonin high.

STRENGTHEN YOUR SUPPORT NETWORK.



Engage with your significant other, family and friends. Don't be afraid to share the highs and the lows and ask for their practical and emotional support.

ENGAGE WITH YOUR COMMUNITY



Giving back makes you feel good (another way to keep serotonin high)! Engage with a local community project or charity where you can share your sporting experience or transferable skills.

SCHEDULE TIME FOR EVENTS



Plan plenty of fun times with your significant other, family and friends. Schedule in the birthdays and annual events you have had to miss previously. Give yourself permission to have fun!