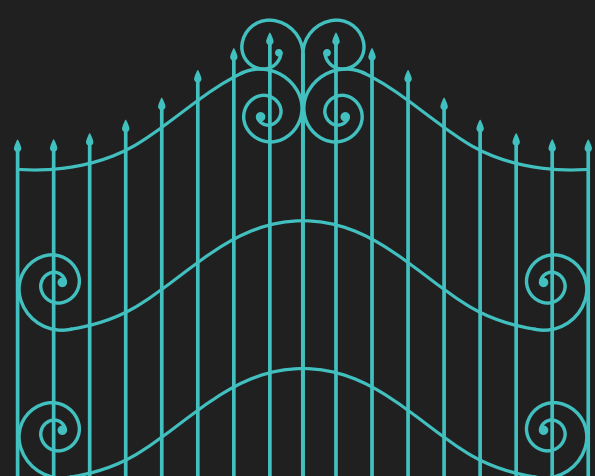


Identity: We are more than what we do!

Identity foreclosure

Identity foreclosure is a premature commitment to an identity. Individuals tend to accept the beliefs and values of those around them. Identity is adopted without crisis.



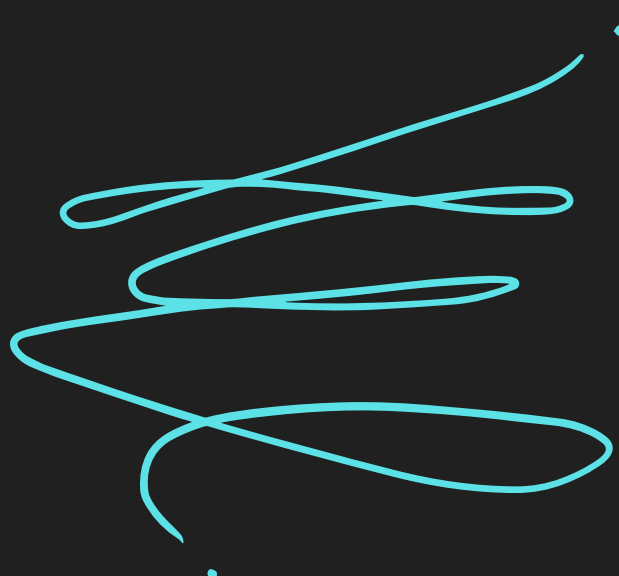
Athlete Identity Foreclosure

Athletic identity foreclosure is a commitment to the athlete role in the absence of exploration of occupational or ideological alternatives.



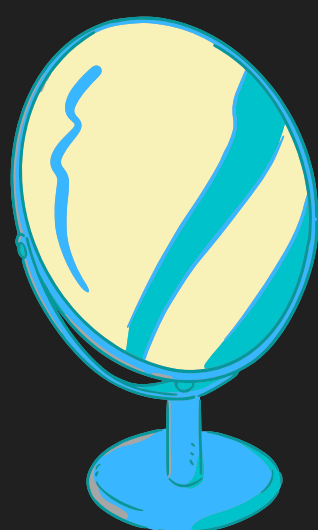
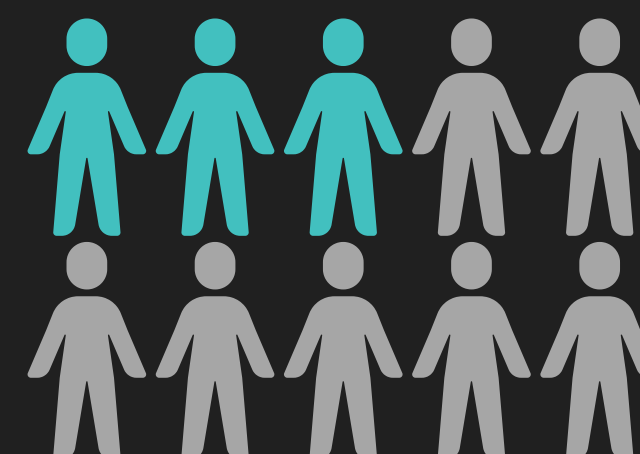
Forming an identity

Finding and forming an identity is a normal part of being a teenager. It is not, however, an easy process.



Out of control

50% of former professional sportspeople did not feel in control of their lives two years after finishing their careers.*



Loss of identity

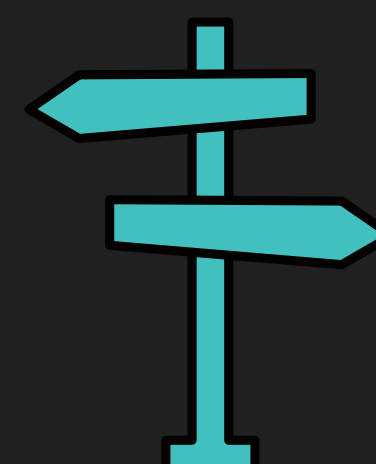
A loss of identity is one of the main issues associated with retirement from sport.

Calling time

Only three in 10 former professional sportspeople were able to choose when they stopped playing professional sport.*

What to do

- Be aware of the challenges in forming an identity.
- Recognise the danger of forming a foreclosed identity.
- Provide opportunities for your child to explore identity beyond sport.
- Emphasise the person at the centre of what it is they do.



* Professional Players Federation (PPF) [Initial Career Transition Research Findings](#), 2018.