

Athlete Life Development

Getting the Balance Right

What to expect from a Personal Development consultation

Athletes, particularly in the professional era, have so much to think about. Eating well on a tight budget, keeping their finances in order, balancing a social life with an intense training programme, dealing with the media, keeping sponsors happy, handling the pressures of expectations of others, coping with long periods of time 'on-the-road', building functional relationships with coaches and teammates, keeping anti-doping whereabouts information up to date, and dealing with injury and other setbacks, are just some of the additional challenges faced by athletes. Add to that the everyday demands of human life, work and educational commitments, personal relationships and financial concerns, and the busy life of the athlete, become the hectic life of the person.

Personal development and lifestyle support can help you develop the skills to manage your busy lifestyle, and put measures in place to ease the transitions from one phase of your life to the next. The emphasis is on allowing you to develop the skills to deal with your day-to-day problems and difficulties, and on supporting you with important career decisions. Our role is not to provide you with answers or solutions to your problem, or to tell you what to do. You wouldn't appreciate that and, after all, you are the expert in your own life. We just help create an environment in which you can best develop your own solutions. We also provide a neutral ear to listen to your concerns and problems in a confidential environment. The support falls somewhere between life coaching, sports psychology and counselling.

A variety of topics can be explored during the one-to-one sessions, which tend to last between 45 and 75 minutes. These sessions are particularly useful for finding a workable life balance, exploring career options, developing problem solving skills, setting goals and improving personal management skills. Whether you're a young student-athlete looking at university choices, a disorganised individual struggling to fit everything in, or an experienced international facing the retirement transition, you'll benefit from these consultations. You don't even need to have an issue or problem to develop from the support – you may simply want to ensure that you are getting the most out of yourself.

Sessions typically cost €50/£40 but price varies depending on amount of travel involved.