



INTERNATIONAL  
OLYMPIC  
COMMITTEE

# Employment



# What's inside

Ready for a career after sport? We can help you make the move from world-class competition to the workplace. No matter what your age, it's good to make plans. So let's get started.



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# 1. Introduction

It's never too early to prepare for the transition from world-class competition to the workplace. In this Employment pillar, we'll help you identify where your interests and skills lie beyond your sport. And we'll help you make sense of the potential opportunities for jobs, internships and training placements.

Taking the first step into the labour market and launching a career is not an easy process for anyone. It takes a lot of planning, preparation and work. Even so, there are many factors that can impact your ability to obtain a job, like slow economic growth and high levels of unemployment.

Plus, elite athletes often have less time to spend preparing for a career due to their commitments to training and competing at an international level. Nevertheless, time invested early on will significantly increase your chances for a positive transition.

We'll start by discovering who you are and what you're interested in. This way, you can evaluate what career might best suit you, both in sport and beyond. Then we'll cover long-term career interests, what tools, skills and support you will need, and what career options are available.

Another useful resource is the free, online IOC education platform, the [IOC Athlete Learning Gateway](#). Check out the course dedicated to the topic of [Athlete Career Transition](#).

“As an athlete it is important to feel confident about your future so that you can focus on the present and perform at your best. The IOC ACP will give you some tips on how to prepare for your future and will help you to feel more confident about your options.”

— Hayley Wickenheiser, Ice Hockey.



## 2. Discover who you are

Do you know what to do once your sporting career is over? In this section, we'll help you explore what interests and motivates you. Then we'll review the attitude and skills you have gained as an athlete, and see how these can be transferred into the workplace. That way, you can develop a picture of where you are now, and where you could be in the future.

“When you are so focused on training every day you can lose track of who you are and what makes you unique. However, to be successful, I realised how important it was to discover my true interests. The IOC ACP will assist you in finding out more about yourself and your motivation for your future off the field.”

— Pedro Yang, Badminton.



### Further resources and help

- Talk to your NOC or institute of sport for advice.
- Contact your school or university career advisor.
- Contact your local unemployment office.
- Contact your local Adecco office or [athletes@adecco.com](mailto:athletes@adecco.com).
- Check out the free, online [IOC Athlete Learning Gateway course 'Athlete Career Transition'](#).

### HOW TO REVIEW YOUR KEY INTERESTS AND MOTIVATION

As an elite athlete, your key priority is always on your sports development and performance. But when you retire, you may discover that you're behind everyone else when it comes to your career after sport.

The earlier you start to think about your eventual retirement from sport, and devote time to your second career, the better prepared you will be.

The first thing to consider is what you want to do. As an elite athlete people may expect you want to stay in the sports industry. This may be the case, but there are many options available. Through identifying your passions, motivations and interests, you can start to plan for a future that integrates a career in sport, and an alternative long-term career option.

## What are you interested in?

How can you find a job that suits you best? Look within yourself and search for the things that you like, beyond sport.

Try the quick, printable [Career Interests & Motivation Quick Quiz](#) to get started.

Printable worksheet 

> [Career Interests & Motivation Quick quiz](#)

Then, if you're still not sure what you want to do, there are a number of career suitability tests available on the Internet. These tests can help you decide what your interests are. Try search terms like "career and interest test", "personality test" and "career aptitude test".

You should also consult a career counsellor at your school or local unemployment office.

## Find out more

Now that you've thought about your interests, the next question is what skills, qualifications, knowledge and experience might you need for this career? There are many things you can do to research the career you're interested in.

## Investigate

**What is involved?** Look for job ads in the career of your choice. Review different levels of the role from entry level to senior positions. Make a note of what skills, experience and education are required.

**Who hires and why?** Research companies that hire people for this career. If you have any contacts in these companies, or in this career, ask if they have time to meet with you to discuss what skills and experience you need.

**Can I give it a try?** Ask if you can spend a day shadowing someone in the position to find out what they do on a daily basis. If you don't have any contacts in this area, ask your network if they have any contacts who could help you.



**What does it take to succeed?** Make a list of what you need to succeed in this career and review it to see if you're still interested in this career path.

**What is my plan?** When you're clear about what you want to do, and what you need to do to get there, add these requirements to your goals and start working towards achieving them.

**Do I have contacts who can help?** Build a team who can support you outside of sport, a network that you feel comfortable speaking with on employment options, challenges and strategies for success.

## HOW TO TRANSFER ATTITUDES AND SKILLS TO THE WORKPLACE

As a top athlete, people will always view you as dedicated and motivated. They already assume you can perform well under pressure and are naturally very driven. While technical skills and abilities are important, potential employers will arguably be more interested in your personality and character – which you have plenty of.

So when you start a new career, all of these great attributes will help. But what other qualities might you possess? By taking the time to build your portfolio of skills and experiences during your sporting career, you will be best prepared for a challenging and fulfilling future.

People always remember the impression you create in the first few minutes of meeting them – whether in an interview, at an event, or even when a fan meets you on the street. Always try to seem interested in the person speaking. Develop empathy with them by listening before answering, and answering their questions in a way that resonates with them.

When looking for work, both your CV and the interview will create a lasting impression. A straightforward, business language will sound professional. Athletes generally have a number of traits and skills that are highly sought after

in the job market. However, many have trouble translating who they are and what they do into language that business people are familiar with.

To help you translate your attitude, traits and skills into business terms, you can use the printable worksheet [Career Transitions](#). This worksheet will help you understand what it is that you do now and how you can translate this into language that a potential employer will understand. You can also use this sheet to assess what skills you have now and what skills you may still need to develop.

For more help on interviews, see '[How to prepare for interviews](#)'.

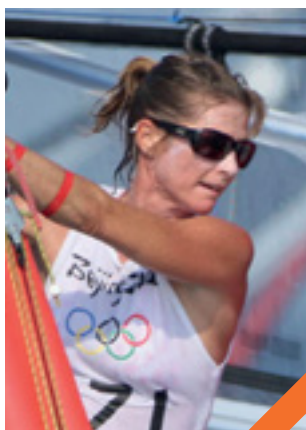
Printable worksheet 

> [Career Transitions](#)

# 3. Preparing for the transition

It's rare to land your dream job immediately. So it's good to make a plan, and realistically assess your opportunities. This will put you in the best position to capitalise on what's ahead. We can help you think through these issues and start planning right now.

“From the beginning, every athlete knows at the back of their mind that their athletic career will not last forever. It doesn't matter how good you are; one day you will no longer be good enough. Being an athlete is fantastic, but most of us end up retiring at a very young age. Sometimes this decision is made far earlier than we want due to unforeseen injuries or accidents. ”



— Barbara Kendall, Windsurfing.

## HOW TO PREPARE FOR THE EVENTUAL TRANSITION

On the field, you make the decision. You run the race. And you have a team around you to support your efforts. So who is your team when you decide to retire from competition?

For a successful transition into the workplace, there are some key aspects you should know.

- 1. Do I know what career I want to pursue and can I speak intelligently about this field?**
- 2. Do I have a game plan that will increase my odds of entering the labour market in this field?**
- 3. Have I created a team and network that will help me access this industry?**
- 4. Do I have the right tools to gain access such as a CV and interviewing skills?**

While there are common themes to a job search, there are also local standards and practices that are unique to each country and region. The following tips are general and aim to strengthen your transition opportunities. However ask people in your local network for more specific guidelines.

### Understand yourself

Develop an understanding of yourself and a direction of where you want to go. It's ok to be vague early on, you can refine your objectives as you go. This will provide the basis for positive conversations as you build your team.

For more information, see [Discover who you are.](#)



## Set objectives

Set an objective to speak to a certain number of new people each month who can help you refine your goals and narrow your objective.

For more information, see [How to set SMART goals](#) in the Life Skills workbook.

## Listen

When you speak to people, ask questions and listen more than you speak. Talking about your performance will make you feel good, but how much will you learn in the conversation? You want to gain experience, through other people.

## Network

Speak to a wide range of people; you never know who will be a valued member of your team. A diverse team will provide greater feedback and support. A good contact made now could be worth nine after you retire.

For more information, see [How to network effectively](#) in the Life Skills workbook.

## Keep in touch

Stay in touch with your contacts. If you write eight emails a month (one or two hours a month) you can keep all of your contacts up-to-date on what you are doing. Then, as you refine your objectives and need some help, advice, or other contacts, you will have many people on your team who know and support you. Apart from email, social networking tools can be helpful in keeping in contact with your network.



# 4. Preparing for the workplace

A big step towards your dream job, is crafting your curriculum vitae (CV) or resume. Whether you're planning for a career post-sport, or seeking funding or sponsorship, a professional CV is a must-have.

“The IOC Athlete Career Programme provided me with fantastic insights and guided me in asking the questions I needed to ask myself. I might have got there in the end on my own, but it would have taken a lot longer.”



— Claudia Bokel, Fencing.

## HOW TO WRITE A PROFESSIONAL CV

When you apply for jobs, it's crucial that you have a well-written CV. Simply put, a CV is a snapshot of who you are, what you've done, and where you want to go.

The typical CV structure is quite different around the world. So we are going to provide you with general guidelines. You should ask a local contact to help you write a CV specific to your area.

You could also visit [Adecco's Way to Work resources to find out more about how to write a great CV.](#)

There are some common characteristics athletes may want to consider when drafting a professional CV, as many athletes' backgrounds are different from others. One area to consider, is that other candidates may have more work experience than you. However, this is just a matter of perspective. You need to look at what makes you special on the field of play and how this will be a useful strength in the job market. These skills and attributes can be transferred to the workplace.

Here are some tips to consider when developing your CV. Remember, if you're writing a CV specifically for sponsors and funding, then you should tailor your basic CV to suit that audience.

## Accomplishments

What have you done and what can you do? Include accomplishments that will support your career objective. Some people may not recognise how your accomplishments on the field of play translate to a business environment. Think about a few of your top accomplishments and include them under the Achievements section of your CV, for example: National Team Athlete (2010 – present). Then, think about what it took to be successful and include these things in the skills section of your CV, for example: perseverance, drive, positive attitude.

For more help with translating your skills as an athlete to match professional skills sought by employers, see [How to transfer attitudes and skills to the workplace](#) section.

## Be clear and concise

Include important information, including who you are, and where you went to school, but do not tell your life story. Your CV should reflect your value now and in the future, and rarely exceeds one or two pages.

## Consistency

Be consistent from the beginning to the end of your CV. Check format, punctuation, spelling and line spacing to ensure that you are consistent throughout.

## Cover letter

A cover letter is often the most important part of your application. A persuasive cover letter will increase the chance of your CV being read. State which job you're applying for and where you saw the job advertisement. Or if you're just contacting a company in case a position becomes available in the future, explain why you are sending your CV to them. Include information on why you are the right person for the role.

Highlight relevant skills or experience from your CV to show that you're a good fit for the role. Be sure you read the job posting carefully and be enthusiastic!

Structure your cover letter in a logical sequence and take time to review it. Be concise and include relevant information. In general, 10-12 lines are enough. Don't bore recruiters before they read your CV. Double-check it – spelling and grammar mistakes really don't make a good impression.

Check out [Adecco's tips on how to write a winning cover letter](#).

## Feedback

You are coached by experts; therefore you know how to accept feedback on what you require to win. Do the same in the development of your CV. Share drafts with people who are experienced in your chosen career direction, and ask for honest and direct feedback. Choose people who will help you achieve your desired goals in business, just as you have in sport.

## Quality

You will be judged on the quality of your CV, so make sure there are no errors. Proofread your final CV and have others proofread it and listen to their feedback.

## Use what you have

Add some photos of you in action in your sport so that employers see what you have done. This is especially important for a CV prepared for sponsors as they will be able to see the crowd and feel the excitement of the event.

## Take time

A good CV will take weeks or months to prepare. Don't rush your cover letter, as this is the first thing a potential employer will read. Take the time to research good CVs and cover letters, prepare your drafts and then revise them a number of times with the help of various people in your network. Once your CV is developed, review and update it at least every year.

See the printable worksheets [Example Athlete CV – Before ACP \(x\)](#) and [Example Athlete CV – After ACP \(y\)](#) for a former elite athlete.

Printable worksheet 

> [Example Athlete CV - Before ACP](#)

> [Example Athlete CV - After ACP](#)

## HOW TO PREPARE FOR INTERVIEWS

In training you can reflect on your performance and change and improve it; if you make a mistake you can do it again. However, when you're in a competition, what you do is final and cannot be done again. The same is true for an interview. When you're in the interview, you must be fully focussed. You should train for an interview and anticipate what will be asked, just as you prepare for your competition on the field of play.

Next up, we have a few things to consider when preparing for an interview. You can also check out.



### Before the interview:

- Research the industry, the company, the interviewer and even the competition.
- Develop a list of questions to help you evaluate if you want the job, or write a list of positives and negatives to ensure that the positives outweigh the possible downsides.
- Develop a list of your athletic and other accomplishments and how they relate to the job. People like to know that you get things done and how this can benefit them. As an athlete, you may have to translate your accomplishments into something that the business world understands. See [How to transfer attitudes and skills to the workplace](#) section and the associated printable worksheet [Career Transitions](#).
- Practise answering questions related to your behaviour, use the printable worksheet [Practising Behavioural Interview Questions](#). You can also use the terminology from the printable worksheet [Career Transitions](#) to help you phrase your attitude and skills in a way that resonates with employers.
- Know your CV, as the person who interviews you will base the interview on this.

Printable worksheet 

> [Practising Behavioural Interview Questions](#)

### During the interview:

- Relax as much as you can.
- Listen carefully to what is asked and look for opportunities that you can take advantage of to show that you are the right person for the job.
- Include accomplishments in your responses that support what is needed.
- Be aware of non-verbal cues by the interviewer and yourself (e.g. clothing, grooming, posture, interest, smiling, eye contact, etc.).

### What you say is only part of the interview:

- Ask questions about the role, to uncover as much information as possible about the position before going into detail about your background so you can present value to the interviewer.
- Always respond in a positive tone and do not speak of previous employers in a negative tone.
- Ask questions; make sure you know about the company and the job.

### After the interview:

- Summarise key points and assess how you think you did and why.
- Ask for feedback if you have the opportunity.
- Ask what the next steps are.
- Arrange for a specific date and time for your next contact with them, if appropriate.
- Send follow-up letters/emails immediately.

## WHAT DIFFERENT JOB TYPES ARE AVAILABLE?

All athletes will retire, and most take on a second career after retirement. The type of work experience you have gained prior to retirement will improve your chances of achieving your “non-sporting” life goals.

There are hundreds of industries and job types for you to consider. Below are examples of some types of job structures that are available in the workplace:

### **Full-time job**

Most time-consuming and typically the highest salary.

### **Part-time job**

More flexible, lower salary.

### **Internship**

Typically for a set period of time, usually seasonal and used for the exposure you can gain to a career or job type.

### **Trainee/apprentice**

Lower pay, usually limited, but offering the ability to learn a new trade or skill.

### **Shadowing**

An unpaid opportunity to shadow an employee in a company to learn about a job. Not standard and usually for a very short period of time e.g. one day – one week.

When evaluating what career you want to pursue, know what objective you want to achieve by working. Understanding your objectives early on in your career is important. Do you need to optimise cash flow to support your training? Then you might need to accept a job that is not your first choice. Are you starting over as a thirty year old? Then you may need to consider taking a job that may not be prestigious, yet pays the bills or starts you on a path that will help you to achieve your ultimate goals.

Work experience of many kinds can help you to be more successful in the long term, and fitting it into what you can handle whilst still training will make the experience more rewarding.

## What do I want to do?

There are thousands of possible jobs and careers. Understanding what drives you, what interests you and what you are good at will help you discover which career is right for you.

## Further research and help

- Talk to your NOC or Institute of Sport for advice.
- Contact your local Adecco office or [athletes@adecco.com](mailto:athletes@adecco.com).
- See online resources at the Adecco career centre: [www.adeccowaytowork.com/en/career-centre](http://www.adeccowaytowork.com/en/career-centre).

# Career Interests & Motivation Quick Quiz

It is important to understand what your interests are and how you can identify a job that aligns with those interests. To do this, look within yourself and search for the things that interest you most. The following Interests & Motivation quiz will help you to start thinking about what your interests are.

**Consider each of the areas in turn and write down your answers. You should do this once and then put it aside and come back to it to review it.**

## 1. Current skills

List your current skills and qualifications. It will help to think about transferable skills from sport, voluntary or paid jobs you've held, natural talents, etc.

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## 2. Current interests

Think about subjects you like, other people's jobs that sound interesting, and industries you'd like to know more about. There are numerous career development websites that can help you gather information.

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## WORKSHEET - EMPLOYMENT 1

### 3. My 'Wish List' for the perfect job

Think about the type of conditions, with whom, responsibility, salary, etc. Your school or university career adviser may be able to assist you. Also, job guides are available on the internet which help to outline the requirements of each job.

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### 4. Current network

Think about who you could talk to who works in areas that are of interest to you.

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### 5. Resources

Think about resources you can use to give you more information about career options. Remember there are numerous resources and ways to discover assistance in this process, such as the internet, career advisers, family and friends.

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## WORKSHEET - EMPLOYMENT 1

### 6. Decisions

This is sometimes a difficult part of your career planning. A good way to start is with “what you would like to do”, followed by identifying what barriers could stop you achieving your career goals

**What you would like to do:**

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**Possible barriers:**

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**Goals to overcome possible barriers:**

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### 7. Career Planning Summary

**The areas I am most interested in are:**

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**Therefore, what skills/qualifications/knowledge/experience do I need to gain?**  
See the following checklist.

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## WORKSHEET - EMPLOYMENT 1

# Career Interests Checklist

### Research

- Look for job ads in the career of your choice. Review different levels of the role from entry level to senior positions. Make a note of what skills, experience and education are required.
- Research companies that hire people for this career. If you have any contacts in these companies, or in this career, ask if they have time to meet you for coffee to discuss what skills and experience you need. Ask if you can spend a day shadowing someone in the position to find out what they do on a daily basis.
- If you don't have any contacts in this area, ask your network if they have any contacts who could help you. Need help with networking? See also [Life Skills – How to network effectively](#).

### Set your educational goals

- Make a list of what you need to succeed in this career and review to see if you are still sure about this career path.

**Skills:**

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**Education:**

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**Experience:**

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- When you are clear about what you want to do and what you need to do to get there, add these requirements to your goals and start working towards achieving them. See also Life Skills – How to set SMART goals.

## WORKSHEET - EMPLOYMENT 2

# Career Transitions

Athletes generally have some of the traits and skills that are highly sought after in the job market. However, many athletes can have trouble translating who they are and what they do into language that business people are familiar with. This worksheet is designed to assist you to understand what it is that you do now and how you can translate this into language that a potential employer will understand.

### Attitude: what makes you successful as an athlete?

Take a few moments to think about who you are as an athlete. When you understand what makes you tick, and how you work best, it will help you to also understand what will make you a great employee. These traits are your attitude.

Athlete wording	Business wording
I make sure everything is perfect before an event	I am detail-oriented
I never give up even in the face of failure	I am persistent and resilient
I always do all the hard training	I am self-disciplined
I prepare for my events meticulously	I have strong preparation and planning skills
I seek and listen to feedback on my performance	I seek and listen to feedback on my performance
I help my team members when they have a problem	I am a team player
I can always find a way	I am resourceful
I study and assess the competition	I do competitive analysis

## WORKSHEET - EMPLOYMENT 2

<b>Athlete wording</b>	<b>Business wording</b>
I am ambitious	I am ambitious
I stay focused on what I need to do to achieve my objectives	I am committed to achieving my goals
I help new athletes to settle into the team/city/school	I am a mentor
I will go the extra mile to ensure that I am happy with what I am doing	I have pride in my work

### Skills: what business skills do you already have?

<b>Athlete wording</b>	<b>Business wording</b>
I stay calm under the pressure of high-level events	I work well under pressure
I am respectful of my coaches, team and peers and raise issues with them in an appropriate way	I am respectful and diplomatic
I am competitive	I am competitive
I attend many events and talk to children about being an athlete	I am a role model
I organise the team to ensure that we do what we need to do to be successful	I am a leader
I never miss a session	I am reliable

## WORKSHEET - EMPLOYMENT 2

Attitude is an important aspect for employers but you also have a number of skills as an athlete that can transfer very well to the workplace. The following table will assist you to understand what skills you currently have and where you can develop new skills that will be appreciated as business skills.

Athlete wording	Business wording
I make and collect contacts from all the events and functions I attend	Networking
I have run a campaign to raise money to send me/the team to competitions and to continue to train	Fundraising
I plan my day, my week, my month and my year, always with an eye on my goals, so I can decide what is most important on a daily basis	Time management and prioritisation
I captained the team / I was assistant coach / I ran a training camp for juniors	Team leadership
I have travelled to many different countries and always learn something new	International awareness
I love meeting new people and am always interested in learning about what they are doing	People skills
I have a very good understanding of strengths and weaknesses and know how to use my strengths to my advantage	Networking
I analyse all my competitions and competitors, I collect their data and assess where their strengths and weaknesses are	Fundraising
I write in my blog on a weekly basis and prepare a lot of funding documents and sponsorship proposals	Time management and prioritisation

## WORKSHEET - EMPLOYMENT 2

Athlete wording	Business wording
I often explain what I do to children and people not involved in my sport in a way that they can understand what it is I do - I see myself as a spokesperson for my sport	Team leadership
I talk to the local schools about what I do and how I became an athlete and speak at my sponsors events	People skills
I assess my own data and that of other athletes on a regular basis	Numeracy

After reviewing this sheet, mark with one colour the attitudes and skills that you currently have and use another colour to mark the attitude and skills that you could work on to improve. Transfer the list of attitudes and skills that you have into the notes to prepare your CV and transfer the notes on where you can improve into the notes on goal-setting.

## WORKSHEET - EMPLOYMENT 3

# Practising Behavioural Interview Questions

Athletes generally have some of the traits and skills that are highly sought after in the job market. However, many athletes can have trouble translating who they are and what they do into language that business people are familiar with. This worksheet is designed to assist you to understand what it is that you do now and how you can translate this into language that a potential employer will understand.

In order to ensure that you are well prepared for an interview you should practise answering behaviour-based interview questions. They generally start with phrases such as:

- Tell me about a time...
- Describe a situation in which...
- Recall an instance when...
- Give me an example of...

### **Some of the common topics covered are:**

- Working effectively under pressure.
- Handling a difficult situation with a co-worker.
- Solving a problem.
- Thinking creatively.
- Persuading team members.
- Writing a report or proposal.
- Anticipating potential problems and developing preventive measures.
- Making a quick decision during the absence of a supervisor.
- Making an unpopular decision.
- Adapting to a difficult situation.
- Being tolerant of a different opinion.
- Surmounting a major obstacle.
- Prioritising the elements of a complicated project.

## WORKSHEET - EMPLOYMENT 3

When creating your answer try to maintain the following formula: In less than 90 seconds (the average attention span) state the specific skill or ability and give an example of it by explaining the what, who, when, where, why and how. Finish with what the successful outcome was.

### Try it yourself.

Take one of the questions above and complete the grid below with your draft answer:

What the scenario was:	
Who was involved (without names e.g. my supervisor/colleague):	
When it took place:	
Where it was:	
Why it occurred:	
How it was resolved:	
What the successful outcome was:	

Where possible draft your answers using language that the audience (potential boss) will relate to. See also: How to translate current attitudes and skills to the workplace topic and worksheet.



## WORKSHEET - EMPLOYMENT 4

### Example Athlete CV – BEFORE the IOC ACP programme

#### An athlete (Name)

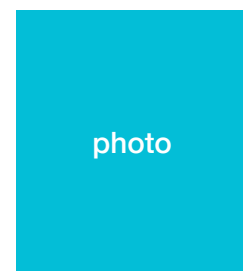
Date of Birth :

Address :

E-mail :

Telephone :

Nationality :



#### Career Objective

I would like to implement my life skills for product management as my education has given me the tools to understand the dynamics of a market and my experience as a successful Olympic athlete has taught me how to set and reach my goals.

#### Education

**2008-2010**      **Masters Degree in Economic Growth, Innovation and Spatial Dynamics.** A University (country)

- Economics of Innovation
- Economic History
- Small Businesses
- Energy and Sustainability

**2006-2008**      **Bachelor (Hons) Business Administration in Strategy and Management.** A University (different country)

- E-Business
- Crisis and Business Continuity Management
- Strategic Management
- Greening Business

**2004-2006**      **Marketing Management and Communication (name of institution)** College (country)

- Global Marketing
- Financial Management

<b>Work Experience</b>	<b>2008-2009</b>	Junior Coach and player for XX Badminton Club/ Senior Coach for YYYY Badminton Club
	<b>2008</b>	Project leader of the Badminton-UNHCR goodwill event in Uganda
	<b>2007-2008</b>	Senior Coach for XX Badminton Club
	<b>2005</b>	Internship for my Marketing Thesis in a National Telecom company (3 months)
	<b>2003</b>	Marketing Research for the Telecom market in (country)
	<b>2002-2007</b>	Player for ZZZ Badminton Club 1999-2009 Professional athlete for (country)

<b>Languages</b>	Spanish	Fluent speaking and writing
	English	Fluent speaking and writing
	French	Beginner level in speaking

<b>IT Skills</b>	Expert in Microsoft Office (Word, Powerpoint, Excel)
	Expert in Microsoft Windows Vista/XP
	Use and vast knowledge of www

<b>Leadership Skills</b>	Member of the International Olympic Committee (IOC) Athletes' Commission
	Member of the IOC Radio and TV Commission
	Vice-Chair of the International Federation's Athletes' Commission
	Champion Ambassador of the Peace and Sport Foundation
	Ambassador of the (country's) Tourism Ministry

<b>Interests</b>	Traveling and getting to know new cultures
	Getting together with my friends in my spare time
	Keeping healthy by daily sports and work-outs
	Raising funds for underprivileged children around the world

<b>References</b>	Upon request
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## WORKSHEET - EMPLOYMENT 5

### Example Athlete CV – AFTER the IOC ACP programme

#### An athlete (Name)

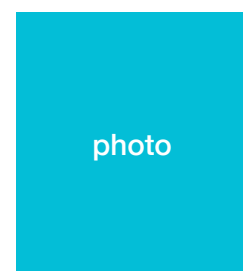
Date of Birth :

Address :

E-mail :

Telephone :

Nationality :



#### Profile

A dedicated and passionate leader with demonstrated success in sport, work and education. I am goal-oriented, with strong interpersonal and creativity skills. With a positive attitude to identify winning approaches, I have the ability to accomplish objectives and lead teams to success. I possess a strong commitment to expand my knowledge and characteristics that will further my personal growth and I will apply this drive quickly to achieve positive results for a leadership company. I am goal-oriented, with strong interpersonal and creativity skills. With a positive attitude to identify winning approaches, I have the ability to accomplish objectives and lead teams to success. I possess a strong commitment to expand my knowledge and characteristics that will further my personal growth and I will apply this drive quickly to achieve positive results for a leadership company.

#### University and secondary education

**2008 - present**

**Economic Growth, Innovation and Spatial Dynamics.**

A University, (country)

**Graduation target:** Masters Degree in Economic Growth (2010)

**Specialisations:** Economics of Innovation, Economic History, Small Businesses, Energy and Sustainability

**2006 - 2008**

**Strategy and Management.** A University, (another country)

**Graduation:** Bachelor (Hons) Business Administration (2008)

**Specialisations:** E-Business, Crisis and Business Continuity Management, Strategic Management, Greening Business, Creative Action in Organisations

2004 - 2006

**Marketing Management and Communication,**  
(name of College), (country)

**Graduation:** AP Marketing Management Degree

**Specialisations:** Global Marketing, Logistics and Communication

### Leadership achievements

- Appointed to the IOC Athletes' Commission by IOC President Jacques Rogge. The commission comprises 15 athletes representing all Olympic athletes around the globe.
- Member of the IOC Radio and TV Commission focused on the broadcasting and media activities of the Olympic Games.
- Appointed Champion Ambassador of the Peace and Sport Foundation where I have been invited to deliver speeches about bringing peace through sport in conflict zones globally and help with spreading peace through sporting events.
- Appointed Ambassador of the (country) Tourism Ministry by the Minister of Tourism in 2004.
- Elected Vice-Chair of the International Federation Athletes' Commission.

### Professional experience

**2000 - present** - **Badminton athlete** representing (country) nationally and playing professionally in (different country).

- Represented (country) in the Olympic Games in Athens 2004 and hold a national record of four medals in the Pan American Games.
- Participated in tournaments in more than 60 countries on all 5 continents with multiple international teammates.
- National champion for 10 years and achieved a top ranking of 30 in the world.
- Member of the national team for 15 years and the national club for 6 years.

2010 - present

**Head of the IOC Athlete Career Programme Outreach Programme for the Americas**

- Deliver training to elite athletes in the IOC Americas region in the areas of Education, Life Skills and Employment.
- Interface with leaders of the Americas National Olympic Committee leaders to establish training sessions and balance exposure across all areas.
- Motivate athletes to achieve success for life, throughout and beyond the Olympic competition.

2008 - 2009

**Junior Coach and player** for (city) Badminton Club

**Senior Coach** for (different city) Badminton Club

- Organised and managed weekend training camps covering all scopes of the events from budget, to scheduling and coordination with athletes to event infrastructure.
- Coached our junior team to achieve 2nd place in the Junior Badminton League.
- Delivered motivational speeches for the youth to improve teamwork and performance.

2008

**Project leader of the Badminton-UNHCR goodwill event in Uganda to bring sport to underprivileged children in refugee camps**

- Raised funds with non-profit organisations to deliver a budget for this event.
- Supported the development an MoU with the Badminton Players Federation and the UNHCR.
- Organised logistics for travelling to Kampala and further on to the refugee camps.
- Delivered motivational speeches during the event to the youth in the refugee camps.

2007 – 2008

**Senior Coach for (city) Badminton Club**

- Created an effective learning environment so the players were motivated to participate and achieve results that exceeded initial concepts.
- Established teams to participate in the National League.
- Worked on mental strength with players to sustain the physical challenges they encountered.

## Supplemental Qualifications

<b>Languages</b>	Spanish, English, Danish:	Fluent speaking and writing
	Norwegian, Swedish:	Ability to read
	French:	Beginner level speaker

<b>IT Skills</b>	Expert in Microsoft Office (Word, PowerPoint, Excel).
	Expert in Microsoft Windows Vista/XP.
	Experience with Photoshop and InDesign.

## Interests

Travelling and learning new cultures, meeting new people, staying healthy with sport and workouts, supporting underprivileged children around the world, keeping updated with local and international news and events.