An Introduction
For athletes
Athlete365 Career+
Preparation for lifelong excellence

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Foreword

Combining sport with education or work has become increasingly challenging for athletes. This is where Athlete365 Career+ can help, by providing them with training opportunities and job placements, and thus achieving lifelong excellence on and off the field of play.”

Thomas Bach
President, International Olympic Committee

Transitioning from your sporting career into the business world can be quite daunting. Do I have the right skills? Do I have enough experience? What do I want to DO? Through Athlete365 Career+ we will work with you to answer all these questions and you will walk away with the confidence you need to succeed in your transition. Our aim is to support athletes on and off the field of play and empower them in their lifelong journey far beyond that of an athlete.”

Kirsty Coventry
Chairperson, IOC Athletes’ Commission
Athlete365 Career+

Athlete365 Career+, delivered in co-operation with The Adecco Group, supports athletes while they prepare for and go through their career transition. It provides you with the resources and training required to develop your life skills, maximising your education and employment opportunities. It provides online resources to support this programme – helping to develop lifelong excellence.

The programme is delivered across three pillars

- Education
- Life Skills
- Employment

Each pillar is delivered based on the needs and resources that work best for every athlete. The Athletes’ Library has critical information for you. Additional resources are available through your local National Olympic Committee (NOC). For further information please contact your local NOC or email athletes@olympic.org.

Quick facts about the programme

- Launched in 2005, Athlete365 Career+ helps elite and Olympic athletes successfully manage the difficult transition from sport to a new career, through professional development and job placement support.
- The programme is currently delivered in over 30 countries through NOC’s in cooperation with local Adecco organisations.
- By 2014, the programme has supported more than 22,000 elite athletes from over 100 countries and five continents with training and job placements.
- This includes Youth Olympic Games athletes, who participated in courses on the importance of time management and balancing sport and education.

Developing lifelong excellence

In addition to the main programme, Athlete365 Career+ also delivers global workshops, providing information directly through in-person training known as “Outreach”. This service is available in countries where The Adecco Group is not present. The Adecco Group, with members of the IOC Athletes’ Commission, has delivered Outreach training around the world. The content is based on the learning and global knowledge of the programme and is modified to suit local conditions.
Athlete365 Career+ is a service provided by the IOC Athletes’ Commission and is run in conjunction with local National Olympic Committees around the world and The Adecco Group, one of the world’s leading providers of Human Resource solutions.

Who runs Athlete365 Career+?

The IOC Athletes’ Commission

The IOC Athletes’ Commission represents competing athletes and upholds their rights and obligations. The Commission also serves as a consultative body and as a liaison between the athletes and the IOC. The work of the Athletes’ Commission involves making recommendations to the IOC’s executive body for its consideration and decision.

For more information, see the IOC Athletes’ Commission page on Athlete365.

Quick facts

The IOC Athletes’ Commission meets once or twice a year and is composed of 12 members elected by athletes competing at the Summer and Winter Olympic Games. Up to seven members are appointed by the IOC President and two ex-officio members representing the International Paralympic Committee (IPC) and the World Olympians Association.

The Chair of the IOC Athletes’ Commission sits on the IOC Executive Board, and members sit on various IOC Commissions, the IPC Athletes’ Council and WADA’s Foundation Board and Athletes’ Commission.

The role of the IOC Athletes’ Commission includes:

1. Evaluating candidate cities.
2. Evaluating the Olympic Sports Programme.
3. The fight against doping.
4. The development and delivery of Athlete365 Career+.
5. The organisation of the International Athletes’ Forum.
The Adecco Group

Launched in 2005, Athlete365 Career+, in co-operation with The Adecco Group, delivers the Athlete365 Career+ Programme on a global scale. Through The Adecco Group’s human resource expertise and business network, the programme caters to elite athletes who wish to balance education, career and sport.

Since 2005, agreements have been developed with over 30 NOCs and local Adecco organisations to introduce the Athlete365 Career+ Programme. Over 22,000 elite athletes have benefited from advice provided under the programme within the Education, Life Skills and Employment pillars.

To find out more, visit The Adecco Group website.

The NOC’s role

The NOCs play a critical role in Athlete365 Career+, as they are responsible for delivering the programme in their country. In order to help deliver personalised services to Olympic athletes, over 30 NOCs currently have their own Athlete365 Career+ Programme in place.

With local cooperation from The Adecco Group, the NOCs are able to support their athletes to achieve success off the field.

If there is no programme in your country, an NOC can work with the Athlete365 Career+ Global team to deliver career training to their athletes.

Find the contact details for participating local NOCs. Contact your local NOC or the IOC at athletes@olympic.org for further information on how you can be involved.

Get involved

Send your thoughts and comments to the IOC Athletes’ Commission at athletes@olympic.org.
Why should you get involved?

If you participate in Athlete365 Career+ you can enhance your opportunities for the future. Whether this is in anticipation of retiring from sport, or as a young athlete, the programme assists you to understand your skills, make informed decisions and expand your network. The earlier you begin to prepare to be successful for life, not just sport, the greater the likelihood is that you will enjoy a successful transition.

Elite athletes have three specific characteristics

1. All will retire, and almost all will need a job after their sporting career ends. 
2. Most have educational and work backgrounds that are different from non-athletes. 
3. All have demonstrated that they have what it takes to be the best in the world in their sport.

This programme recognises the challenges and opportunities you face in achieving success in sport, and in your next career.

NOCs which are offering the Athlete365 Career+ are seeing great benefits for their organisations and their athletes. 

The programme allows the NOC to showcase its commitment towards supporting athletes on and off the field of play. 

The programme works with private, public and not-for-profit organisations who are passionate about working with athletes.

Get involved

As an athlete, you can benefit from the programme by:

- understanding how your skills and assets can be transferred to an academic or workplace environment; and
- accessing resources, to make informed decisions about your future.
Does my NOC have a programme?

A list of all of the currently participating National NOCs can be found on olympic.org.

If your NOC is not currently participating in Athlete365 Career+, and does not have an alternative similar programme, you can contact the IOC at athletes@olympic.org to learn what other resources are available.

Will I get a job?

There are no guarantees in life; similarly there is no guarantee that you will have a job as soon as your sporting career ends. This programme is designed to help you prepare for the issues that you may face as you enter the job market. You will gain a better understanding of what the workplace needs from you and start planning your future.

Understand your skills

Athlete365 Career+ supports athletes in self-assessment and future planning. The programme guides you in understanding how your skills as an athlete can be transferred to increase your excellence in an academic or workplace environment, while providing opportunities to develop new skills.

Make informed decisions

Athlete365 Career+ provides you with the resources you need to make informed decisions. The programme provides tailored options, depending on the individual athlete, to ensure that you are aware of opportunities available, whether the goal is to develop new skills, take on further education, develop a new career path, or a combination of them all.

Expand your network

Athlete365 Career+ focuses on building a professional network. The programme provides you with an understanding of your current network within the sports environment while enabling you to expand your network to make the most of professional opportunities and events.

Have other athletes benefited from this programme?

These athlete success stories are excellent examples of why you should get involved with Athlete365 Career+.

For more information see the Employment and Balancing Sport and Education workbooks.
Visit www.olympic.org/athlete365/career for more information