Athlete365 Career+: Preparation for lifelong excellence

Athlete365 Career+ is a programme that empowers athletes to maximise their education and employment opportunities and helps them stride confidently into a dual or post-sports career. It supports athletes at all stages of their career, helping them discover their potential and plan for their life beyond the world of competitive sport through a blend of advice, training and peer-to-peer learning.

Athlete365 Career+ (formerly the IOC Athlete Career Programme) is an IOC Athletes’ Commission (AC) initiative and is delivered with The Adecco Group. To learn more about the programme, visit www.olympic.org/athlete365/career

Athlete365 Career+ Outreach programme

Designed to provide guidance to a broader range of athletes, the Outreach Programme provides education for athletes to prepare for their future transition to life after sport.

In 2020, the Athlete365 Career+ team developed the “Power Up” online workshops to make the programme available for athletes and entourage members when it is not possible to organise in-person sessions.

The “Power Up” online workshops are a series of digital action-based learning sessions about 90 mins each. They lead participants through a self-discovery journey to grow and develop an understanding of themselves now and into the future through self-reflection, games, storytelling, discussion and questioning.

• “Power Up” builds a foundation for increased self-knowledge, confidence, self-esteem and leadership capacity.
• These sessions will “Power Up” the potential for sporting success, education, career choices and lifelong excellence.

More information for athletes is available on www.olympic.org/athlete365/outreach-resources
Workshop logistics

This checklist is intended to provide NOCs, IFs, AC representatives and Certified Athlete365 Career+ Educators (organisers) with the key steps and requirements to be considered prior to, during and after the online workshops.

1. Workshop application

Organisers should fill in the following Athlete365 Outreach Online Workshop Request Form at least one month prior to the event date.

2. Olympic Solidarity – Athlete Career Transition programme (optional).

Applicable only for NOCs with financial needs. Funds will be available to translate the material into a language that is not covered by the IOC and/or to cover a local certified Educator’s remuneration. To learn more, visit the OS online platform and follow the steps below:

a. Fill in the online OS application form for Athlete365 Career+ Outreach Workshops available in the OS platform (Programmes/World Programmes/Applications/Athletes/Athlete Career Transition).

b. Submit the form at least one month before the event date.

c. A feasibility assessment will be conducted by the IOC, and a reply will be given within two weeks.

If the application is approved, the NOC should pay the expenses of organising the online workshop (if any), and the IOC will reimburse the approved costs after the event. Please keep all invoices and supporting documentation, as this will be a pre-requisite for reimbursement.

3. Workshop arrangements

The Athlete365 Career+ Outreach Project Manager will confirm if a certified Educator is available to deliver the workshops on the dates suggested by the organiser. (This applies for NOC/IF/organisers that do not have an Athlete365 Career+ certified Educator.) Please make sure the dates are confirmed three weeks prior to the event.

4. Participants

Size of the group
For online workshops, the number of registrations will be up to 40. Bigger groups should be split into two smaller groups, to ensure participation by all athletes.

Profile of the participants
The Outreach Workshop material has been produced specifically to support elite athletes aged 16 and above. Organisers are encouraged to invite elite athletes of the Olympic team, Youth Olympic team, and participants in continental, regional and national competitions. We also strongly encourage inviting coaches and other people from their entourage.
The online “Power Up” workshops are focused on behavioural discovery and empowering athletes to build a “ME MAP” that will guide them to take future decisions, no matter what their stage of life:

- Younger athletes: balancing sport and education and dual careers
- Athletes in mid-career: building a game plan for future success in life
- Athletes close to or in the process of making their transition from sport

Athletes’ Commission (AC)
The involvement of your AC representative is key to helping to promote the programme and participation among athletes. Please make sure your AC representatives participate in this event if possible.

National Olympians Associations (NOAs):
We also encourage involvement of Olympians as they could provide support in planning the workshop, be guest speakers or mentors to the athletes post-workshop. Contact the National Olympians Association (NOA) in your country: [https://olympians.org/noas/noa-directory/](https://olympians.org/noas/noa-directory/) or email info@thewoa.org.

Requirements
To join the online workshops, participants will need:

- An [email address](mailto:)
- [Internet access](https://) to join the online meeting (good enough to use the video and audio)
- [Computer](https://) (ideally) and/or mobile phone (or any other device (tablet, etc.) with video and audio. We recommend using both a computer and a phone, if available, for the activities.
- [Paper and pen](https://)
- [Registration form submitted](https://) (registered participants will receive the link to join the online meeting only after they complete their registration)
- [Headphones](https://) (ideally)

Please inform the Outreach Project Manager if you have specific needs in terms of internet access for athletes.

In-person workshops: If workshops are held in person, organisers should follow the local regulations. If group meetings are allowed, the organiser of an in-person workshop (to be delivered online or in-person) should provide:

- Computer with internet access
- Video projector
- Speakers and microphone.
- Paper and pen, chairs and tables
- Water
- Suitable venue conditions for the number of participants (with regard to ventilation, evacuation, health recommendations, etc.)
5. Resources

Communications kit
The Athlete365 Career+ team will provide the organiser with a communications kit (digital banners and social media assets) to promote the workshops.
We encourage your organisation to:

- Add a link to Athlete365 on your website using the digital banners: www.olympic.org/athlete365
- Promote the workshops to athletes and entourage members through your communications channels (website, social media, newsletters, etc.) and through your Athletes’ Commission representatives and National Olympians Association to help promote participation.
- Follow and share our posts: @athlete365 on Facebook, Twitter, Instagram, LinkedIn

Note: The following terms and conditions apply for organisers, Educators, athletes and participants in the workshop:
- IOC Athlete365 Career+ privacy notice (data protection).
- IOC Athlete365 Career+ workshop specific terms (image rights, use of social media).
- In addition, Athlete365 Career+ Educators must comply with the “Terms for Educators”, July 2020 version.

Please note that the reproduction of the Athlete365 educational material is allowed only with the written approval of the IOC.

Language
- The workshop can be delivered in English, French, Spanish, Portuguese, Russian or Arabic. Other languages might also available on request.

Workshop material
- The Athlete365 Career+ digital worksheets will be delivered to registered participants via email after registration.

Translations
- If the organisation needs to translate the communications or the workshop material into a different language, this item can be included in the Olympic Solidarity application.
- NOCs wishing to translate the material should request a “licence” from the Athlete365 Career+ team and submit a signed electronic copy before proceeding with any translations.
- If there are no certified Educators in your country or some of the athletes are not familiar with the language used for the workshop, we recommend that you request to train a local Educator in your country by sending an email to career@olympic.org or contact the Athlete365 Career+ team.
6. Participants’ registration

- The organiser should invite participants to the workshops by distributing the Athlete365 Career+ online workshops registration form. Please note that the number of registrations is limited to 40 places and these will be assigned on a “first come, first served” basis.

- Participants are required to complete their registration at least 24 working hours before the workshop.

- After registration, participants will receive the meeting link and the pre-workshop material.

- Five days prior to the workshop, organisers should send a reminder for participants to complete the online registration before the deadline.

- The IOC will track the registrations. If the number of participants is fewer than 15, the IOC might decide to postpone the session until the minimum number of registrations is reached.

  Note: Participants who attend all sessions will receive Athlete365 online certificates and will participate in a prize draw of IOC Athlete365 goodies.

7. Online workshops – agenda

Workshops should ideally be organised over four different days to maximise the attention span of the participants. However, there is flexibility to adjust the agenda and distribute the sessions based on the needs of the participants.

8. Media

Information about the Athlete365 Career+ Outreach online workshops (for free press releases, etc.) is available on the Athlete365 Career+ Outreach website.

9. Feedback

Surveys
In order to measure the impact of the workshop and collect feedback, participants should complete the online surveys. Educators will ask participants to answer the surveys incorporated at the end of the Power Up workshop presentation - Session 4.

10. Post – workshop

Please post and share photos, articles or links to publications (websites, online news, magazines, newspapers, etc.) with the Athlete365 Career+ Outreach Project Manager to be shared with the Olympic community.

If OS funds were approved, please send the invoice form to the IOC (applicable only to NOCs with a pre-approved Olympic Solidarity application). The invoice form is available on the OS website.
### Power Up online workshops – Agenda

<table>
<thead>
<tr>
<th>SESSION</th>
<th>CONTENT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DAY 1</strong>&lt;br&gt; SESSION 1&lt;br&gt;(90 min)</td>
<td>“Power Up” - Strengths, Values&lt;br&gt;No matter what stage you are at in your career, it is important to take time to reflect on and evaluate who you are and what you want out of life. Finding what your superpowers are and what truly motivates and drives you will help in all aspects of your career and life. This first session focuses on self-reflection and activities to answer questions like: what is great about me? What could I be better at? What is wildly important to me?</td>
</tr>
<tr>
<td><strong>DAY 2</strong>&lt;br&gt; SESSION 2&lt;br&gt;(90 min)</td>
<td>“Power Up” - Interests, skills&lt;br&gt;This next session uses a series of simple activities to highlight what sparks your curiosity and what you may like to learn more about outside sport. Being an elite athlete, you have learnt many unique skills that are transferrable and valuable to the labour market. During the session we start to identify and unbundle some of your unique interests and skills.</td>
</tr>
<tr>
<td><strong>DAY 3</strong>&lt;br&gt; SESSION 3&lt;br&gt;(90 min)</td>
<td>“Power Up” - Passion, Impact&lt;br&gt;Session three goes to a deeper level of what really drives you and what lights your fire. What are you really passionate about in life that has driven you to the success you have already enjoyed? How can you take your superpowers from that success, that will make a positive impact on the world, maybe making it a better place for everyone?</td>
</tr>
<tr>
<td><strong>DAY 4</strong>&lt;br&gt; SESSION 4&lt;br&gt;(90 min)</td>
<td>“Power Up” - Purpose, planning&lt;br&gt;Discovering a “reason for being” or a “purpose” makes you more likely to perform better and have higher levels of fulfilment, satisfaction and happiness in your life and your work life. This module will help you identify your purpose and bring together all the elements of the previous workshops to start planning and giving your next steps into a “purpose-driven” life.</td>
</tr>
</tbody>
</table>