



IOC ATHLETE CAREER PROGRAMME

In Cooperation with The Adecco Group

IOC ACP OUTREACH WORKSHOP AGENDA

October 4, 2017 at Tallinn, hotel Olümpia

| TIME | ACTIVITY |
|-------------|---|
| 14.00 | Introduction and welcome message |
| 14.10-14.30 | Who am I? Behavioural discovery Motivational in nature, this workshop shows the link between the process of becoming an elite athlete to the process of transition and achieving your dreams in the labour market and closes with a session on goal-setting. Balancing Sports and education is a key message on this session. |
| 14.30-15.45 | Game plan (3-4 exercises according to the time available) This workshop focuses on helping athletes recognise their transferable strengths and helps them better define who they are in order to establish their game plan aligned with their direction(s) to pursue in the labour market |
| 15.45-16.00 | BREAK |
| 16.00-16.50 | Networking activity During this workshop, athletes will develop skills, protocol and practice on how to develop a network to help them succeed in sport. This is delivered through a combination of role-play with feedback, training and tips for success. |
| 16.50-17.30 | CV Teaser (Before- after), Interviewing, Social media CVs are reflection of who we are and who we can be. Athletes have unique backgrounds; how do they translate who they are in sport into a business language? This workshop exposes athletes to the process of CV/resume development and provides examples built on early workshop learning to help athletes build a stronger CV/ resume. |
| 17.30-17.50 | Wrap up – Other resources (Time management, Olympic Athletes' Hub, Athlete Learning Gateway) |
| 17.50-18.00 | Post workshop survey |

To learn more about the IOC ACP please click here:
<https://www.olympic.org/athlete-career-programme>

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