ATHLETE LIFE DEVELOPMENT

THE 2021 ATHLETE DEVELOPMENT PROJECT

Want to improve your performance in sport, study and elsewhere?

- Free online lifestyle & personal development workshops.
- Delivered by Elizabeth Egan (PhD).

13 Jan: Preparing for the Year Ahead.
23 Feb: So Much More Than An Athlete.
25 Mar: Support Networks and Communication Skills.
19 Apr: Strengths, Values and Self Awareness.
19 May: The Travelling Athlete.
25 Jun: Rest, Recovery and Revitalisation: Getting the Basics Right.
20 Jul: Exploring the Past to Plan the Future.
26 Aug: Personal Management and Other Life Skills.
17 Sep: Prioritising Your Wellbeing.
27 Oct: A More Detailed Look at Time Management.
15 Nov: Planned Happenstance: Making the Most of Every Opportunity.
21 Dec: Review of 2021.

Elizabeth, a six-time Irish senior steeplechase medalist, has 15 years experience supporting the lifestyle and personal development needs of high performance athletes. She helps them use their own skills, strengths and resource to balance the various time, balance and decision-making challenges they face, and ensure that they develop beyond the sporting arena. Elizabeth has a degree in Sport & Exercise Science, a PhD in Exercise Physiology, and a Level 3 Certificate in Talented Athlete Life Skills. She is also a certified Mental Health First Aider and a UK Anti-Doping Clean Sport Educator.

Open to Irish athletes from any sport, aged 16-24
www.athletelifedevelopment.co.uk for further details.

Workshop 1 - Preparing for the year ahead
We'll look at life roles, explore what's important to you, set meaningful targets for the year ahead, and share some tips on planning your days, weeks and months. We'll provide some tools to help with your planning, and direct you to further useful information.

Workshop 2 - So Much More Than An Athlete
This will be a light-hearted exploration of who we are beyond sportspeople, and an opportunity for participants to get to know themselves and others within the group. We'll look at some of the advantages of having a life outside sport and how to develop a healthy sport-life balance.

Workshop 3 - Support Networks and Communication Skills
We'll look at who's in your support network and how you can grow your support team. We'll also explore some of the key skills to help you communicate better within and outside of sport.

Workshop 4 - Strengths, Values and Self Awareness
The April workshop will focus on building self-awareness, and how we can use strengths and values to improve our performance and wellbeing. We'll provide access to a range of other self-awareness tools which you can complete in your own time.

Workshop 5 - The Travelling Athlete
Learn how to best prepare for competition and training trips at home and abroad. We'll cover packing, planning and preparation; reducing travel fatigue; travel nutrition; dealing with jet-lag; coping with heat and humidity and training at altitude.

Workshop 6 - Rest, Recovery and Revitalisation: Getting the Basics Right
This session will focus on key ways to recover physically and mentally. We'll touch on sleep, nutrition, other physical self-care, as well as a range of activities to prevent metal fatigue and psychological burnout.

Sign-up for workshops 1-6 now available via athletelifedevelopment.co.uk.

Workshop 7 - Exploring the Past to Plan the Future
In this session we'll help you tell your past story, and use the values you've developed to help plan your future. This session is particularly useful for those making decisions about their future or about to encounter a major transition in their life.

Workshop 8 - Personal Management and Other Life Skills
This session will look at some of the basic life skills required to be successful in all aspects of life.

Workshop 9 - Prioritising Your Wellbeing
Mental wellbeing is just as important as physical wellbeing. In this session we'll look at ways to keep your metal wellbeing in check, and to look after the whole you.

Workshop 10 - A More Detailed Look at Time Management
This session will take a more focused look at daily and weekly planning, cover ways in which you can develop an effective and enjoyable routine; and offer advice on ways in which to deal with the unexpected.

Workshop 11 - Planned Happenstance: Making the Most of Every Opportunity
This session will look at how you can build seemingly insignificant experiences into you career portfolio, and highlight how small opportunities now can lead to bigger opportunities in the future.

Workshop 12 - Review of 2021
This workshop will look at ways in which the experiences of 2021 can be used as a springboard for bigger and better things in 2022. We'll reflect on how far we've come in the past 12 months, explore skills and knowledge acquired, and start planning for the year ahead.

Sign-up for the above 6 workshops will open on 1st June 2021. athletelifedevelopment.co.uk or eegan41@gmail.com for further details.