

# How do you manage your retirement from elite sport?

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Retiring from elite sport is a turning point in life.  
It marks the beginning of a new chapter in which various opportunities can arise.

## Active career

### Preventive measures

- Prepare at an early stage for a vocational career
- Plan your retirement/make a multi-year plan/assess your current situation
- Explore other areas of life and meaningful activities
- Take advantage of Swiss Olympic's career counseling



## Post-career

### Challenges associated with retirement from elite sport

- Adjusting your identity
- Adjusting your daily routine
- Bodily changes
- Vocational reorientation



### Resources

- Social support
- Education/work experience
- Financial resources
- Psychological resources (e.g., resilience)

### Barriers

- Exclusive athletic identity
- Injuries
- Dissatisfaction with athletic career
- Conflicts in club/federation



### ATHLETE HUB

For more information, please contact [athlethub@swissolympic.ch](mailto:athlethub@swissolympic.ch) or visit [www.swissolympic.ch/nachsport](http://www.swissolympic.ch/nachsport)



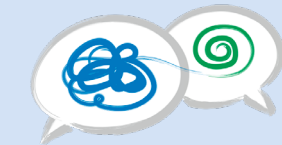
Successful transition

### Tips:

- The process of letting go takes time
- Seek out and take advantage of the opportunities that arise in the new phase of your life
- Gain serenity with regard to your sports career
- Be mindful of your well-being
- **Do not hesitate to use your network or counseling services if you feel you are stuck**

### Crisis-like transition

e.g., involuntary unemployment, social withdrawal, depressive mood



### Crisis intervention

e.g., career counseling, sport psychology counseling

