

What challenges might you face in life after elite sport?

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After your career in elite sport, there is a variety of new challenges that may arise. The following tips could help you to successfully overcome them.

Health

Challenges:

- Career end due to injuries
- Bodily changes due to training adjustments (e.g., weight gain, decrease in fitness)
- Negative feelings such as sadness or emptiness

Tips:

- Recover from injuries and overuse
- Keep a balanced diet
- Be mindful of how you feel
- **Do not hesitate to use your network or counseling services if you feel you are stuck or going around in circles**



Work

Challenges:

- Lack of work experience (outside of sport)
- Delayed job entry

Tips:

- Explore your interests and prioritize when choosing a career/education
- Update your CV (incl. sporting achievements and skills learned in sport)
- Foster and use your network in and outside of sport



For more information, please contact athlethub@swissolympic.ch or visit www.swissolympic.ch/nachsport

Sport/physical activity

Challenges:

- Lack of structure/training schedule
- Lack of skills/experience in other sports

Tips:

- Stay physically active – it promotes your well-being
- Explore new types of sport and exercise
- Make a conscious effort to plan time for physical activity



Social environment

Challenges:

- Loss of social interaction in your familiar sporting environment
- Change of your role in the social system

Tips:

- Take time to do activities with your family and friends (e.g., for the events you have always missed out on in the past)
- Seek contact with people in the new areas of your life

