



# IOC ATHLETE CAREER PROGRAMME

## TRANSFERABLE SKILLS

### What is the purpose of the following fact sheet?

Following the video with Sylviane Berthod, the purpose of this factsheet is to define what transferable skills are; which main skills can be developed in top level sport; and how you can identify your own skills and present them efficiently in the job marketplace.

### What are transferable skills?

Transferable skills (also called “life skills”) may be defined as a set of qualities that can be applied to any field or career, regardless of where they were first learned. Sylviane Berthod's skills were setting goals; staying motivated through adversity; and being meticulous and regular in everything she did as an athlete. These skills are developed during your sports career. The most commonly cited transferable skills for athletes are: 1) the ability to perform under pressure; 2) the ability to solve problems; 3) the gift of organising; 4) the aptitude to meet deadlines and challenges; 5) the talent to set and achieve goals; and 6) dedication and self-motivation. Recent studies have shown that athletes also acquire transferable team-related and interpersonal skills, such as the ability to deal with people and work together towards a common goal.

### Why is it important to examine transferable skills in the light of your career after retirement?

Based on the experience of a large number of retired athletes, it seems that the fact of pinpointing their own transferable skills enables them to gain more confidence and gives them the belief they can be successful in other careers. Sylviane Berthod compares the race to rescue somebody's life - as an ambulance helper – to the race against time in a downhill competition. In fact, increasing your awareness of your personal qualities allows you to better cope with the stress induced by transition. In addition, it certainly helps you to highlight in a clearer way those walks of life where the same skills may be applicable and useful. For this reason, awareness about your skills is the first step towards career-oriented goal-setting.

### I would like to start examining my transferable skills: what can I do?

To achieve an efficient transfer of skills from sport to work, the following aspects have to be considered:

- 1) Enumerate the skills needed to be good in your sport.
- 2) Make sure you feel in harmony with them.
- 3) Try to identify when and in which circumstances those skills may apply to your future career
- 4) Like Sylviane Berthod, be confident! Individuals with a high degree of self-confidence are those who can best use the same skills in sport and at work.
- 5) Find a job that arouses your enthusiasm! Job motivation is necessary for efficient skill transfer.
- 6) Be aware that the more autonomous your job allows you to be, the more likely you will be to find an opportunity to make use of your transferable skills.
- 7) Last but not least, you will find it easier to apply your transferable skills in a job where the relationships with colleagues and supervisors are positive and stimulating.