

Employment

TOP TIPS

Ready for a career after sport? We can help you make the move from world-class competition to the workplace. No matter what your age, it's good to make plans. So let's get started.

1

Start investigating your favourite industry. Who hires and why? What training and education do you need?

6

Create a professional curriculum vitae (CV) – a snapshot of who you are, what you've done and where you want to go.

2

Reach out to your contacts for advice and professional insights.

7

Research the best CVs and prepare yours with the help of people in your network.

3

Read about how your skills as an athlete can be transferred into the workplace.

8

Check out our tips on writing a winning cover letter.

4

Build new skills and experiences, even while your sporting career is in full swing.

9

Read our tips about how to practise and prepare for interviews.

5

Make a list of goals that will help you land that job.

10

Learn about the different types of jobs that exist.