



IOC ATHLETE CAREER PROGRAMME

In Cooperation with The Adecco Group

IOC ACP OUTREACH WORKSHOP – AGENDA

TIME	ACTIVITY
8.30 a.m.	Arrival – Registration Participants to fill out the ACP online survey (prior to workshop)
9 a.m.	Introduction and welcome message
9.20 – 9.40 a.m.	Who am I – Behavioural discovery Motivational in nature, this workshop shows the link between who you are and what you went through to become an elite athlete as well as the transition process necessary to achieve your dreams in the labour market. This module closes with a goal-setting session.
9.40 a.m – 10:30 a.m.	Game plan (I) This workshop focuses on showing athletes how to recognise their transferable strengths. Knowing what your marketable skills are will allow you to build a game plan for the areas and jobs to pursue in the labour market.
10.30 a.m – 10:45 a.m	Break
10.45 a.m. - 12.30 m.	Game plan (II) This session helps athletes understand themselves at a deeper level so that they can produce a stronger CV/resume. This also helps to be more effective in a job interview. The module focuses on self-reflection and uses a series of simple tools and assessments to assist athletes. During this session you will learn how to translate the language of sport into business language.
12.30 m – 1.30 p.m.	Lunch
1.30 p.m. – 2.30 p.m.	Networking activity During this module, athletes first learn some best practices for networking before the practice of how to develop a network begins. Building strong networks is vital both inside and outside the competition arena. This session is delivered through a combination of role play and feedback.
2.30 p.m.– 3.15 p.m.	CV CVs are a reflection of who you are and who you can be. Athletes have unique backgrounds; but how do you translate who you are and what you've done in sport into business language? This module exposes athletes to the process of CV/resume development. The session builds on earlier workshop learnings to help athletes produce a stronger CV/resume.
3.15 p.m- 3:30 p.m	Break
3.30 p.m – 4.30 p.m.	Interviewing, Social Media An interview is the final step in obtaining a job. Can an athlete tie all aspects of their life together to succeed in the employment process? This module begins with tips for success, and then provides a practice session so you can develop your technique for a winning interview.
4:30 p.m – 5:00 p.m	Wrap up, IOC resources, Closing Wrap up – next steps – vision. Participants to fill out the ACP feedback survey

Note: The suggested agenda can be adjusted by the instructor according to the needs of the athletes

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