

CROSSING | *the line*

ATHLETE RETIREMENT... LET'S TALK ABOUT IT

Crossing the Line Educational Workshops

Tailored for athlete - coach - federation.

Gearoid Towey works in tandem with Olympic Psychologist and former World number one triathlete Gayelene Clews to deliver these groundbreaking workshops.

Gaylene is the author of *Wired to Play: The Metacognitive Athlete* – a cutting edge book on athlete mental health. Gearoid is a 3 time Olympian representing Ireland in Rowing and founder of Crossing The Line.

1. Building Emotionally Intelligent Sporting Organisations:

The processes of emotional intelligence and how to build successful and healthy sporting communities.

2. Duty of Care:

Developing policy and procedures for mental health in emotionally intelligent sporting organisations for procedural fairness, organisational integrity and a culture of respect.

3. Mental Health First Aid:

Specific to the sporting environment, identifying and managing mood disorders and enhancing tricky personality temperaments.

4. Crisis Intervention and Trauma Management:

What sporting communities need to know and have in place when it all goes wrong!

5. Conflict Resolution and Mediation:

Developing processes for constructive and creative resolutions in respectful communities.

6. Putting a Smart Head on Young Shoulders:

Athlete career paths are but brief. Learn the processes to speed up athlete self-awareness.

7. Understanding the Power of Language:

A coaches words can stay with an athlete for life. How to be a great mentor and teach your athletes to be great thinkers.

8. Emotional Regulation -Why it Matters:

At risk times during the athlete's life cycle. Injury, non-selection, retirement... Preparing for "what if situations" and How to help!

9. Are Your Athletes Getting Enough Quiet Time?

Emotional energy is a limited resource, but technology is keeping us wired 24/7. How to help our athletes self-regulate into today's frenetic world.

10. Post Competition Let Down:

You have just had the best performance of your life (or not) but the excitement and motivation has gone. Why it happens, what to expect and how to get through it.

11. Illicit Drugs, Alcohol and Gambling:

Why are they so attractive? Athlete predisposition to addiction? Can you spot it? How to deal with it?

10. Athlete sexuality:

Building a culture of acceptance and support and keeping each other safe.

11. Selection Dilemmas:

Letting people know "the right way", de-selection and aftercare.

12 The Athlete "Emotional Backpack"

Strategies for building self-aware and resilient athletes

13. Managing Different Personalities:

Rethinking the "one size fits all" approach?

14. Supporting Retiring Athletes:

Preparing for retirement starts at the beginning of the athlete's career and includes the whole family.

15. Athletic Identity and the Tyranny of Talent:

Why so many talent identification programs don't work. What is talent and how to build identity complexity for successful transitions across the athlete's life cycle and life after sport!

16. Transitioning Athletes Successfully into Retirement:

It's a lot more than just getting a new job. What are the metacognitive, cognitive, physical, emotional, social and pro social implications?

Creating an emotionally safe exit strategy with your athlete. Caring about the human and not just the performer.

17. Coach Burnout

Who supports the coaches when the safety of those they care for is at risk? How does the coach manage the fine line between being an awesome coach and an emotionally exhausted, when the delicate line between demands and personal resources is out of balance? Systems for coach and staff support.

18. A Road Map for Families and Loved Ones:

Families matter!! Valuing families, they too make great sacrifices and are often left to pick up the pieces. Includes preparing families for big events. How best to support the athlete's journey and how to keep it all together through the good and the troublesome.

Let us scope the workshop to suit your organisation, budget and attendees.

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