

Transferable Skills

TRANSFERABLE: ABLE TO BE USED FOR A DIFFERENT SITUATION OR PURPOSE

Instructions:

Work through the following questions, trying to be as detailed as you can.

1) Make a list of the skills that made you a successful athlete. Examples: Committed, hard-working, resilient, etc.

2) Pick a skill from this list, how would you explain to an employer how it makes you a good employee?

"These are skills we can take wherever we go in life, no matter what we do."

- Millie Hogue

Transferable Skills Cont.

3) Make a list of your athletic skills that are transferable to other areas. Examples: Quick decision making, adaptable, etc.

4) Pick a skill from this list, how would you explain to an employer how it makes you a good employee?

“Do not let what you can not do interfere with what you can do.”

- John Wooden

Transferable Skills Cont.

5) What do you see as your biggest challenge in adapting to life after sport?

6) Considering your two lists above, how can these skills help you take on the challenge of adapting to life after sport?

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.”

- Michael Jordan

Adapted from "Career transitions in sport" acquired from <https://www.apadivisions.org/division-47/publications/sportpsych-works/career-transitions.pdf>