

IOC Athlete Career Programme (IOC ACP)



In cooperation with Adecco

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What's Next to Rowing , Aiguebelette, France
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Agenda – IOC ACP

- IOC Athletes' Commission
- Introduction
- Three pillars
 - Life Skills
 - Education
 - Employment
- Delivery
- Outreach Expansion
- ACP in Action



IOC Athletes' Commission - composition

8 Summer Olympians



4 Winter Olympians



Up to 7 appointed



- Elected by athletes at the Olympic Games
- Elections every 2 years
- Each member gets an 8 year term



- Up to 7 athletes appointed by the President to ensure fair representation of region, gender and sports

4 Honorary Members



1 rep. from World Olympians Association



1 rep. from Int'l Paralympic Committee



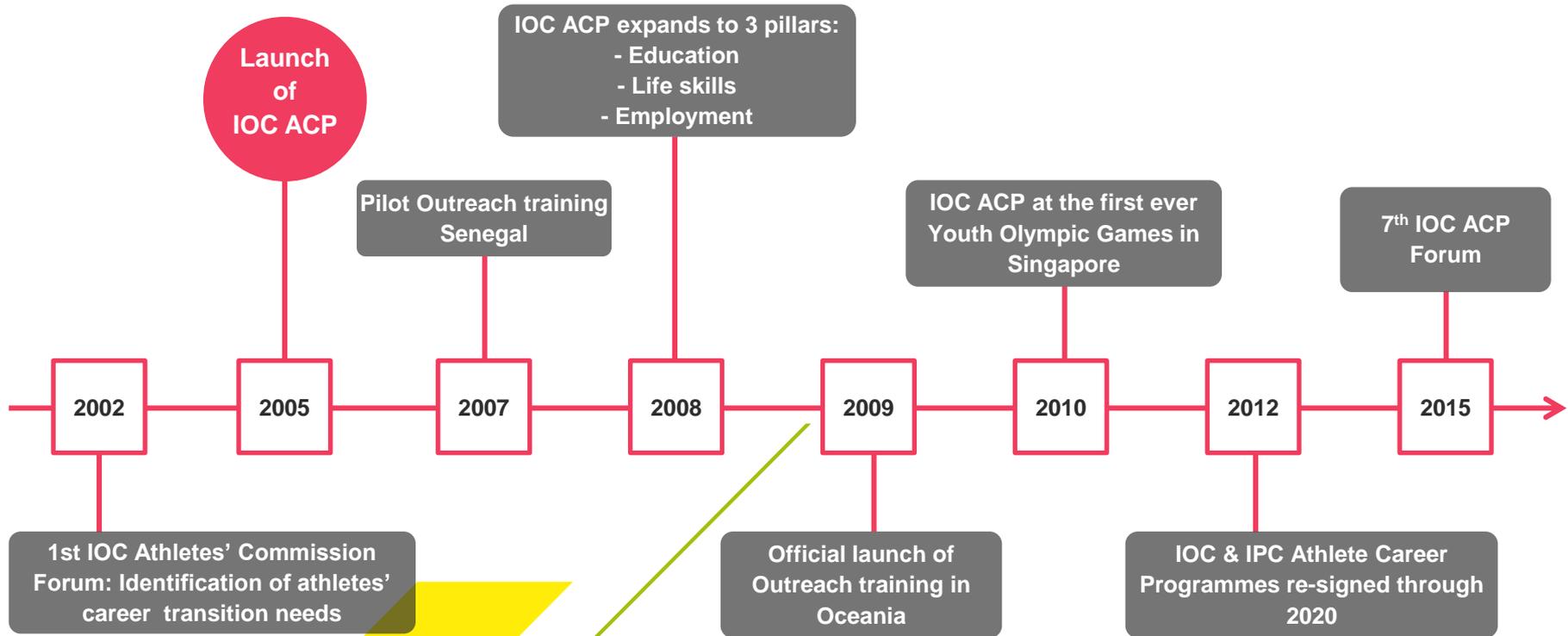
The IOC Athlete Career Programme

- Created in 2005 by IOC Athletes' Commission in cooperation with Adecco
- Support athletes while they prepare for and go through their career transition.
- Provides resources and training to athletes to develop their life skills and maximise educational and employment opportunities



IOC ACP milestones

Main achievements on a 10 year journey

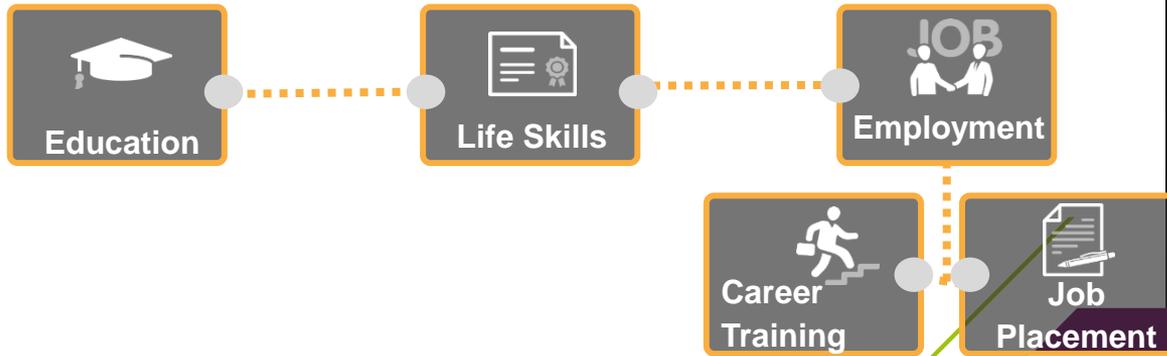


Three pillars approach

The IOC ACP provides guidance and tools to help athletes successfully manage training, competitions and all aspects of everyday life as an elite athlete.

The IOC ACP focuses on three aspects:

1. **Education**
2. **Life Skills**
3. **Employment**



Pillar 1 - Life Skills

- Athletes have many **transferrable skills** and qualities that can be used in a non-sporting context
- Life skills are a **set of qualities** that can be applied to any field or career, regardless of where they were first learnt.
- Resources and practical tools on subjects such as health and nutrition, financial planning, time management, media relations, public speaking and goal setting.

Life Skills



Pillar 2 - Education

- Elite athletes face a **challenge** balancing sport and study
- IOC ACP provides information and advice on how to effectively combine sport and education
- This workbook includes identification of athlete friendly institutions, tips on how to study effectively while travelling, setting learning goals, pros and cons of studying abroad and much more!

Balancing Sport and Education



Pillar 3 - Employment

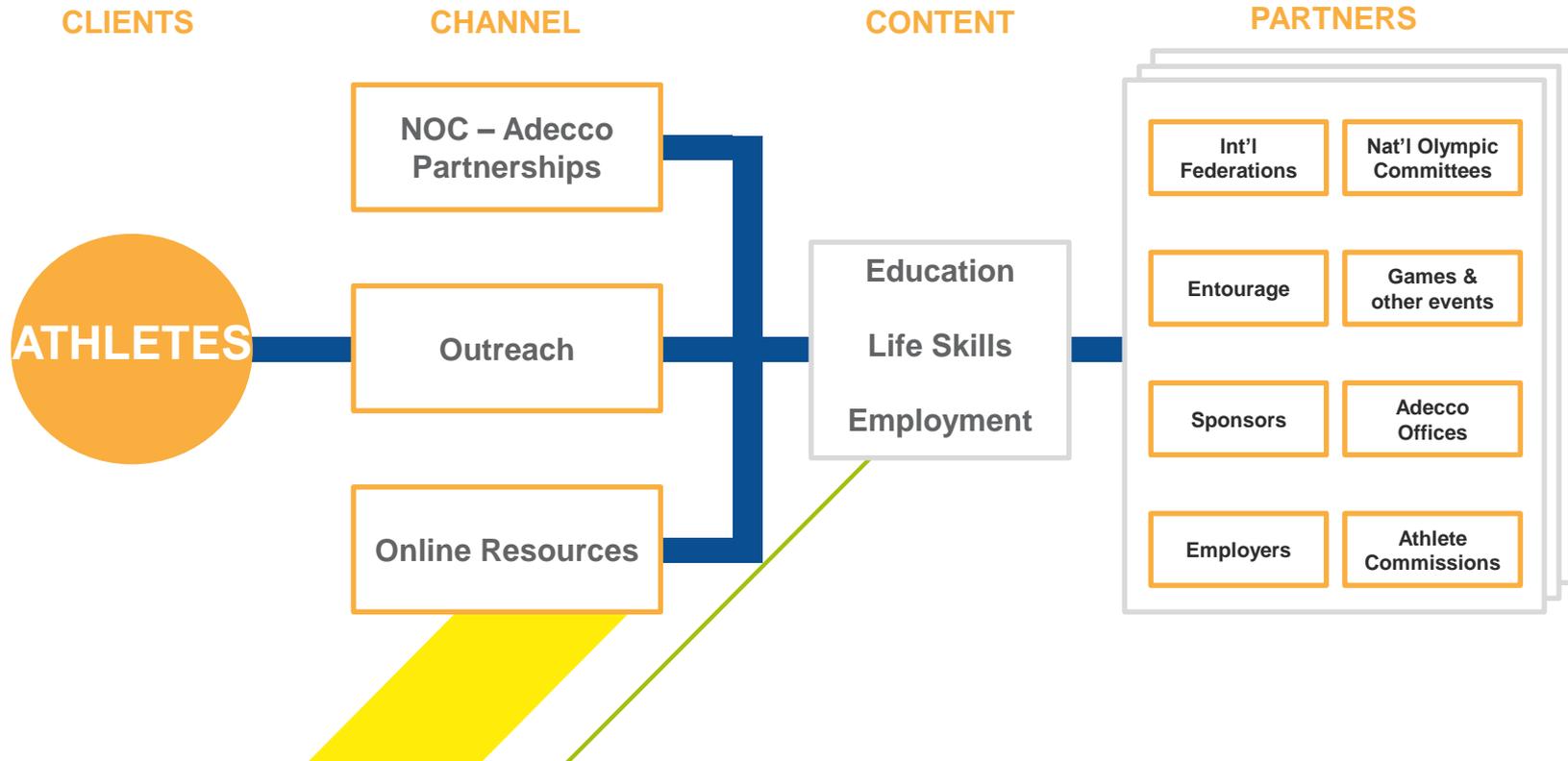
- Support and advice for the **transition** to the job market, including:
 - assistance with writing application letters
 - producing a CV
 - preparing for interviews
- Assistance with job placements with support from Adecco
- Leveraging with TOPs and NOC sponsors in creating job opportunities for athletes

Employment



Three main delivery channels

The ACP depends on partners to extend the reach of the programme



Delivery of IOC ACP -- NOC ACPs

NOC-Adecco partnerships in over 30 countries



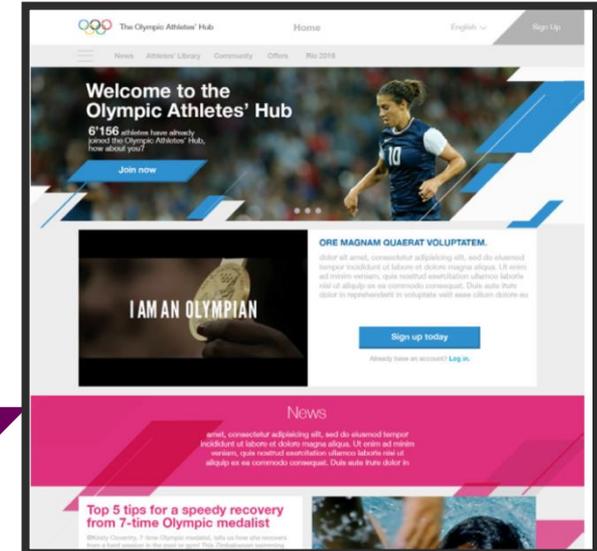
Delivery of IOC ACP - Online Resources

Workbooks by ACP Pillar

- Combination of helpful resources and practical worksheets
- Available online and hard-copy

IOC Athlete Learning Gateway

- Short lectures targeted towards elite athletes aged 17-25
- Mixed learning approach of lectures, quizzes and live discussions
- Learn more at <http://onlinecourse.olympic.org>



Delivery of IOC ACP - Outreach

Outreach programmes are delivered via NOCs in countries without an Adecco partnership and at Olympic & Youth Olympic Games

- Series of workshops delivered to inspire athletes as they approach career transition
- Interactive presentations and small group exercises
- Led by members of IOC Athletes' Commission and/or other Olympic athletes



Delivery of IOC ACP -- Outreach



Olympic Agenda 2020

Recommendation 18

Strengthen Support to Athletes



- IOC Athlete Career Programme
- IOC Athlete Learning Gateway
- Olympic Athletes' Hub
- International Athletes' Forum

IF Outreach Programme with FISA

- First Outreach expansion to an IF
- ‘Train the Trainer’ with FISA Athletes’ Commission, February 2015
- Planned ACP training in conjunction with FISA Training Camp – Tunisia, October 2015



ACP in Action!

- Coca-Cola Olympian internships
- Olympic hopeful winner of Adecco CEO for One Month
- Olympian internships at IOC and Adecco
- NOC sponsor internship programmes



Conclusion

Athletes are the heart of the Olympic Movement!

The sports movement has a social responsibility to put in place the necessary tools that provide athletes with adequate support and assistance but we cannot do it alone!

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