

Equipping past players for success beyond sport

Welcome! Here's more information about the programme.

What: A comprehensive course full of **practical tools** and strategies to create your Individual Action Plan for navigating the 'what next' after sport.

Who: Each course has a maximum of 15 other recently retired or about to retire amazing humans who've also been playing professional sport.

Your facilitators are Ged Robinson, Todd Astle and Kim Tay, designers of this programme. They provide a unique combination of experience as former professional athletes (Todd and Ged) together with expertise in translating the science of wellbeing and high performance into easy-to-use, relevant and relatable tools.

The programme overview:

Orientation

A 45 min Zoom 'meet & greet' with us and all the course participants, and an opportunity to ask any questions about the programme.

We'll guide you through the **preparation & assessments** you'll need to complete before the course starts.

Preparation & assessments

A brief introduction to the key concepts in preparation for the course:

- Watch a series of short videos
- Complete activities and assessments online (allow 2 hours in total – e.g. one hour a week for two weeks) before the course starts.

The 2 day course

Two days of dynamic, interactive and fun workshops, learning and applying skills.

- Morning & afternoon teas, refreshments and lunches provided both days.
- Dress comfortably – there will be physical activity (Day 2 starts with a workout!).

Maintaining momentum

- A series of weekly 'nudge' emails reminding you about key points from the course.
- The buddy system – check in with your accountability partner from the course each week, and with the group regularly.

The 3 month check-in

- Repeat the pre-course assessments to track your progress.
- A 90 minute Zoom catch up facilitated by Ged, Todd & Kim, with all participants to share progress, celebrate small (or big) wins, and AMA (Ask Me Anything).

Your course designers and facilitators:

Ged Robinson

After retiring from rugby, Ged set up a pizza business (delicious but ultimately unfulfilling), then discovered his purpose, gaining a Diploma in Positive Psychology and co-founding BetterMan. He applies his skills and experience learnt as a former player for the Hurricanes, Rebels and Crusaders to help others on their journey to being better versions of themselves.

Todd Astle

After 18 years as a professional cricketer for Canterbury and the Black Caps, Todd understands the challenges of transitioning to a new beginning. With a degree in Sport & Rec Management, and as a mental skills coach and co-founder of BetterMan, Todd uses his knowledge and expertise to teach people the tools they need to succeed in any field.

Kim Tay

Since discovering the then-emerging field of Positive Psychology over 15 years ago Kim has been on a mission to empower individuals and organisations to thrive using the science of flourishing. Founder of The Wellbeing Works, with a BA Psyc and Dip in Pos Psyc she has run hundreds of engaging workshops for a diverse range clients, from schools to unions to global multinationals.

Conquering Your Second Mountain

The Science-Backed Strategies for Athletes to Thrive Through Transition

Your sporting journey has been one of dedication and perseverance. You've experienced your first mountain.

Now, as you embark on a new path, grab a compass to help navigate your second mountain.

This evidence-based programme equips you with the tools and strategies to embrace your next exciting chapter with confidence and newfound direction.

Introducing PERMA-V: the pillars of wellbeing.

"Wellbeing cannot exist just in your own head, wellbeing is a combination of feeling good as well as actually having meaning, good relationships, and accomplishment."

Dr Martin Seligman, "Flourish: A Visionary New Understanding of Happiness and Well-Being" (2011).

The Athlete Transition Course is powered by the PERMA model of wellbeing + vitality, developed by the world-renowned Dr Martin Seligman.

Seligman is one of the most cited psychologists in the world today, and co-founder of the fastest growing field of psychology – positive psychology, or the science of human flourishing.

His extensive research led to this widely used model, containing five measurable components. Like many other researchers and practitioners, we have added a sixth pillar - Vitality - for physical health.

Imagine a toolbox filled with science-based strategies to boost your positivity, engagement, relationships, meaning, accomplishment, and physical vitality – all crucial ingredients for a thriving second chapter.



Living your best life: the PERMA-V path for thriving.



Positive emotion

Positive emotion (the flourishing ratio of feel-good positivity)

These performance-enhancing emotions (such as joy, interest and pride) do more than just make us feel good. They prime us to perform at our best both physically and mentally: boosting energy, immune function and recovery from stress, and enhancing creativity, problem-solving skills, memory and attention.



Engagement

Engagement (regularly finding flow)

Ever been so absorbed in a game that everything else fades away? That's the state of flow, and when we're in this zone our brains release highly potent neurochemicals like endorphins, dopamine and serotonin, upping our motivation, happiness and overall psychological wellbeing.



Relationships

Relationships (authentic and energising connections)

Positive relationships are not just essential for happiness but are the number one predictor of overall life satisfaction and wellbeing. Feeling a sense of belonging can boost our self-esteem, help us recover from disease faster and lower our stress levels.



Meaning

Meaning (purposeful existence – connecting to something bigger)

Having a sense of purpose in life – the feeling that our lives are valuable and worthwhile, that what we do matters, and we serve or belong to something greater than ourselves – helps us get through significant challenges and adversity. Our levels of hope and resilience are higher, and levels of stress and depression are lower.



Accomplishment

Accomplishment (a sense of achievement about what matters)

Working towards and accomplishing big or small goals gives us a wonderful sense of achievement or mastery. These feelings of pride and confidence and being able to build intrinsic self-motivation are fundamental for psychological flourishing.



Vitality

Vitality (eat, sleep, move)

The foundations of physical health – the nourishment we put into our bodies, the quality of our sleep, and a regular exercise routine – are also absolutely vital for our psychological health.

How PERMA-V Empowers Athletes in Transition

The two-day course equips you with skills to successfully navigate the path to conquering your second mountain. (Your dedicated sports career was your first!)

Positive emotions (feeling good – the flourishing ratio of positivity)



Positive emotion

We'll share the latest science-based skills for how to increase your emotional agility so you don't get stuck in negative emotions, plus the tools for harnessing the performance-enhancing benefits of positive emotions.

In this phase of navigating 'where-to' next, it's really common for past players to feel low, and a sense of loss. Without the team / support people around you, the discipline and structure of training and performing, and the buzz (endorphins and dopamine) of high intensity exercise and success, a range of unpleasant emotions are likely to pay you a visit. (And stick around like an unwanted guest thanks to the in-built negativity bias).

We'll give you simple and effective ways to manage your emotions to achieve the ideal ratio of positive to negative emotions, and techniques to feel the highs without needing to smash out a winning performance on the field or court.

Engagement (regularly finding flow)



Engagement

Remember that feeling of being totally in the zone? We'll help you discover how to re-create the magic of being totally absorbed outside of professional sport, so you can sip on that highly potent neurochemical cocktail regularly. The endorphins, dopamine and serotonin will help you stay buoyant during this time of transition and beyond.

Relationships (high quality, authentic and energising connections)



Relationships

One of the biggest changes after a career in professional sport is the dramatic drop in regular connection with people – your team/support crew. We'll give you guidance on how to create and strengthen your new support squad – critical while you navigate your future.

Meaning (purposeful existence)



Meaning

Leaving your sport behind can feel like losing your identity. We'll give you the tools to find new purpose and guide you through a process to define your values. Identifying and using your values is critical for confidently making good decisions about where to next.

Accomplishment (a sense of achievement about what matters)



Your high-performance mojo isn't retiring. We'll help you identify how to make those characteristics work for you off the field and give you the tools to ditch any self-limiting beliefs that are holding you back. We'll equip you to find mastery outside of sport, set goals for the path ahead, and apply the science of habits to maintain motivation and energy.

Vitality (eat, sleep, move)



It can be a struggle to find a new rhythm for healthy eating, sleeping and movement outside your former high-performance environment – when there's no coach, training schedule or competition. We'll give you the framework for stopping any slippery slide into couch potato land.

The Athlete Transition Course provides a comprehensive toolkit for thriving through and beyond your next chapter.

We've taken the best from PERMA-V, neuroscience, behaviour change and our extensive experience delivering hundreds of wellbeing workshops to thousands of people around the world.

In two days, you'll go from wondering "where-to next?" to feeling confident you're equipped to conquer your second mountain.

You'll walk away with:

- Actionable strategies: no fluff, just real-world tools you can use immediately.
- A supportive community: connect with fellow athletes facing the same challenges.
- A renewed sense of hope and purpose.

Your sports career was just the 'warm up'. The real game starts now.

Register your interest in the course here: www.betterman.org.nz/atc

Want to check how you're doing on the PERMA front?

You can measure how you rate on the PERMA components at www.bit.ly/PERMASurvey. The PERMA-Profiler measures the five pillars, along with negative emotion and health.

Write your scores in here:

P	E	R	M	A
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