



Key Features and Practices of Successful Dual Career Development Environments

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Case study environment types



Shared Success Factors

Dedicated DC support team

Integration of efforts across the whole environment

A clear understanding of DC issues and support from across the environment

Role models and mentorship

Access to expert support

A whole person approach

An empowerment approach

Flexible DC solutions

Care of DC athlete's mental health and wellbeing

An open and proactive approach to the development of the environment

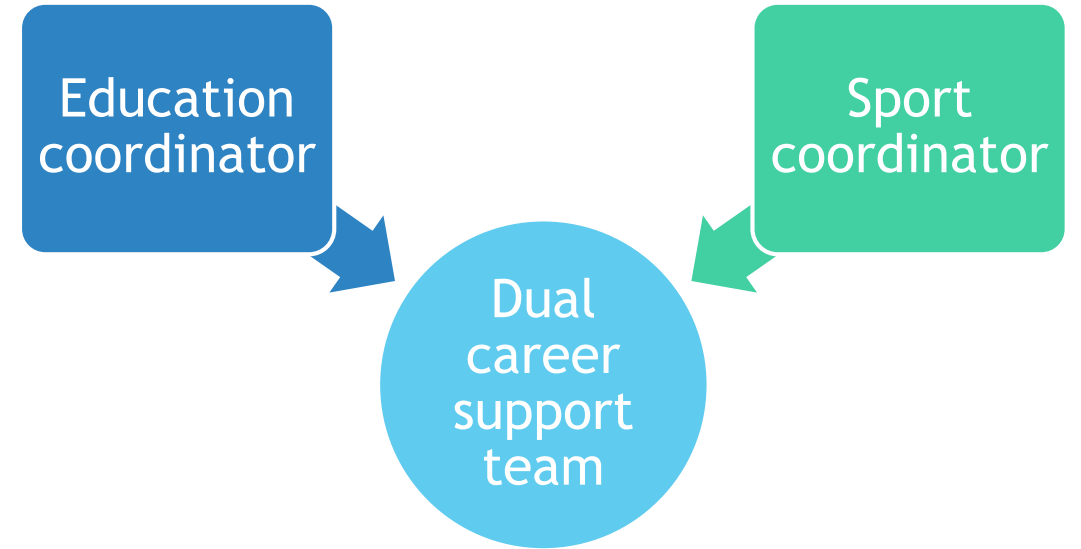
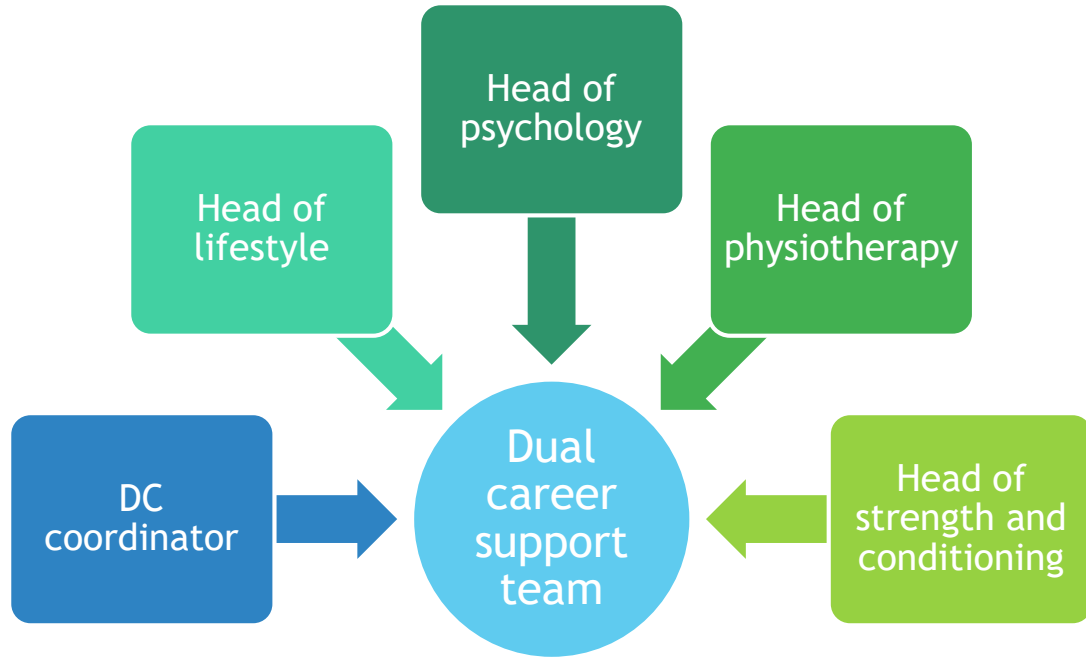
Best Practice

Designated team
(or person)

Poor Practice

Multiple contact
points

Dedicated dual career support
team



Dedicated dual career support team

Best Practice

Coordination and
communication across
the sport and study

Poor Practice

Lack of communication.
Conflicting interests.

Integration of efforts across the
whole environment

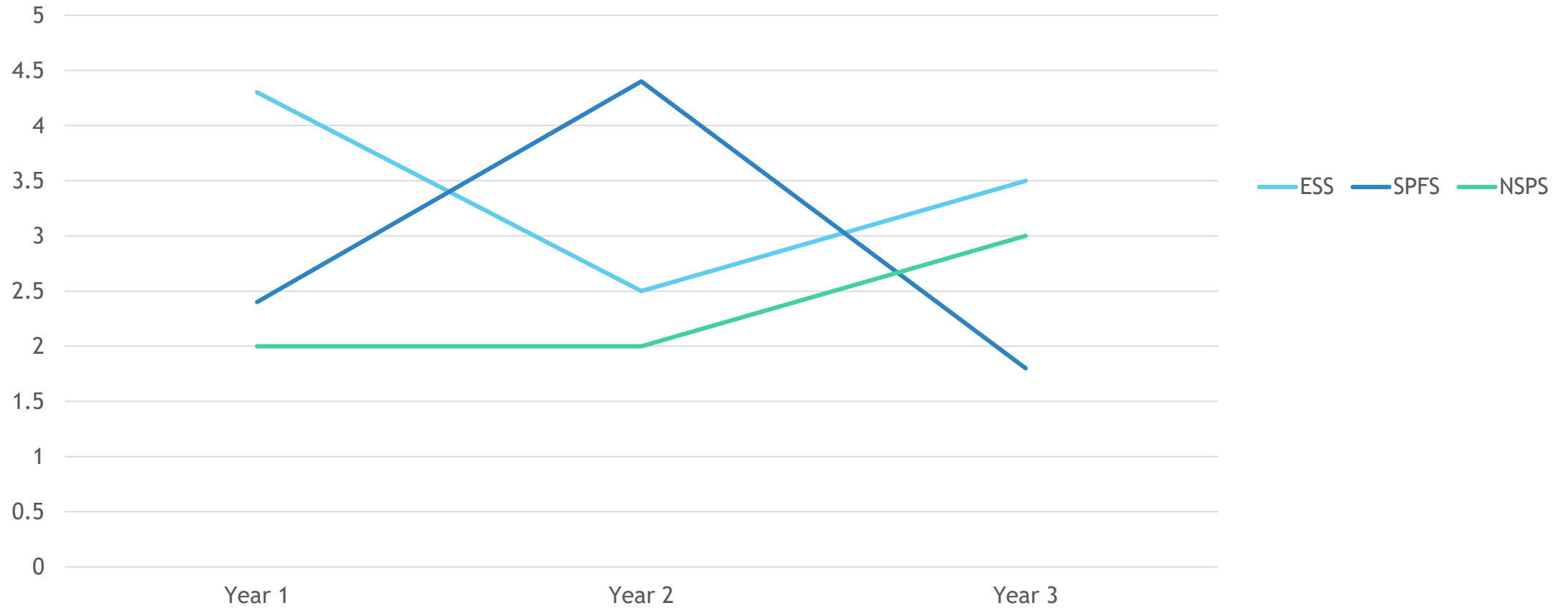
Best Practice

Recognition,
understanding and
support of DC issues

Poor Practice

Wider environment shows
lack of understanding of
the demands

A clear understanding of DC issues and
support from across the environment



A clear understanding of DC issues and support from across the environment

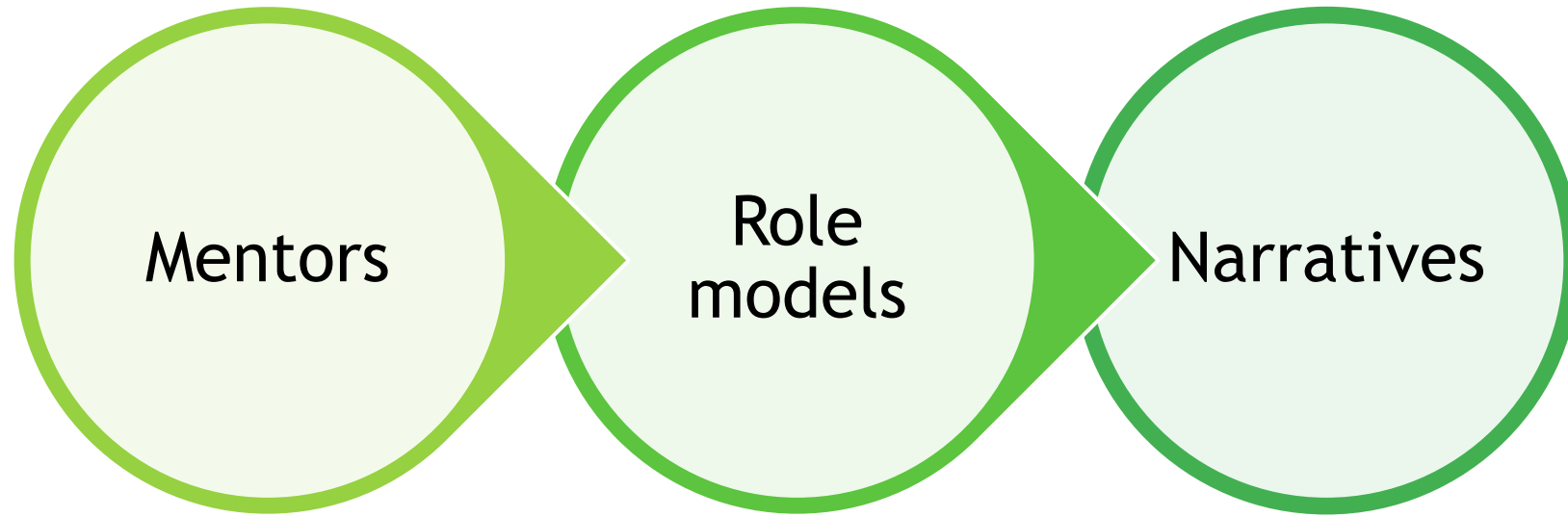
Best Practice

Opportunities to learn
from other DC athletes

Poor Practice

Athletes regard other
athletes as rivals

Role models and mentorship



Role models and mentorship

Best Practice

Access to
experts and services

Poor Practice

Do not know how to get
this help

Access to expert support

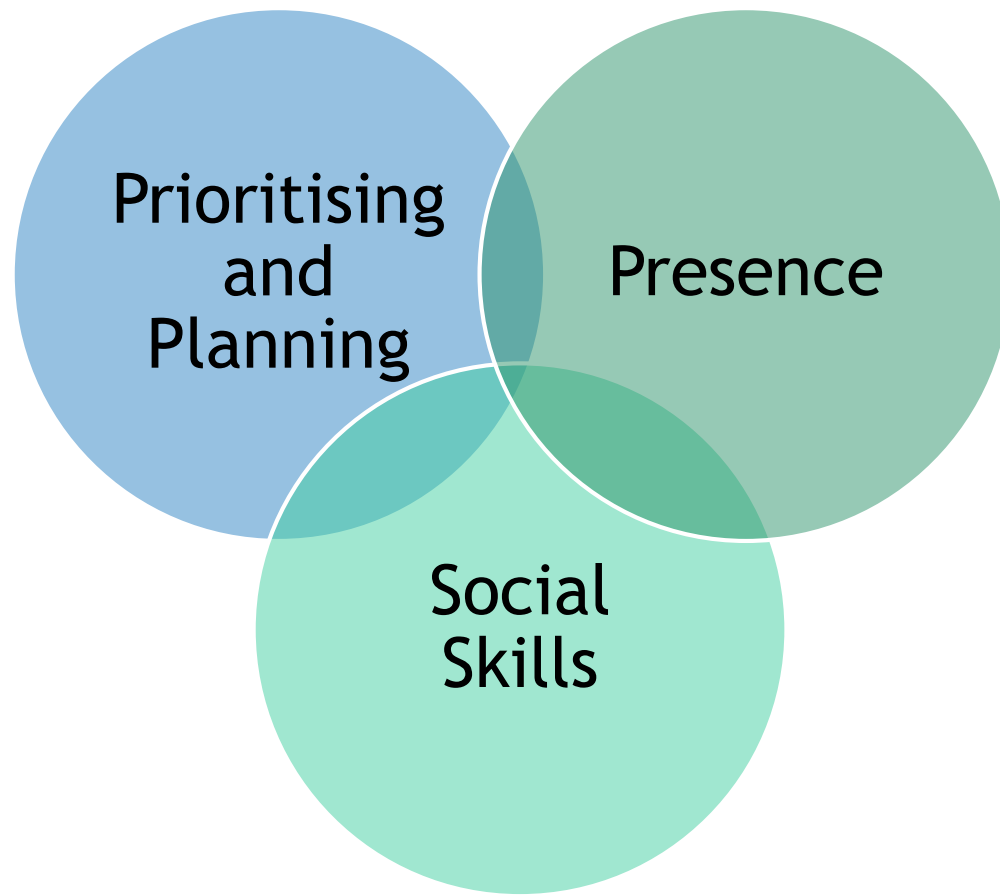
Best Practice

A focus on developing
the DC athletes
holistically

Poor Practice

People in the sport
domain focus solely on
sport

A whole person approach



A whole person approach

Best Practice

Develop manage their
own dual career

Poor Practice

Excessive control

An empowerment approach

Pre-university

- Advocate

DC adaption

- Pro-active

DC continuation

- Reactive

An empowerment approach

Best Practice

Different people and
will require different
solutions

Poor Practice

Services and support are
fixed

Flexible dual career solutions

Best Practice

Protection of athletes is
embedded in policy

Poor Practice

Gladiator philosophy

Care of dual career athlete's
mental health and wellbeing

Winner in the long run



Care of dual career athlete's
mental health and wellbeing

Best Practice

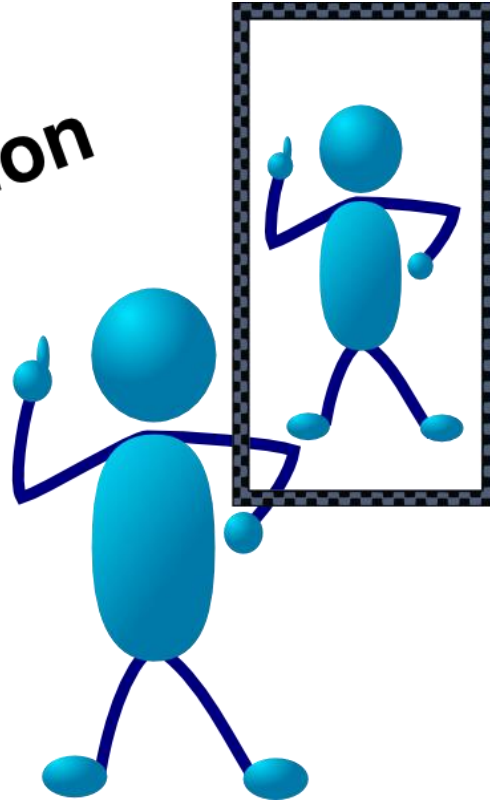
On-going development
of the environment

An open and proactive approach to
the development of the
environment

Poor Practice

Lack of time for on-going
professional development
and evaluation

**Self-
Evaluation**



An open and proactive approach to
the development of the
environment

Dual Career Development Environment Monitoring Tool (DCDEM)



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<https://dualcareers.eu/>



Any Questions?