

GUIDANCE NOTE

Career Tips

One way to make the most of 'down time' during or between tournaments is to give some thought to your future – it's never too early to start.

Create/update your CV

It's worth keeping your CV up to date as you never know when you might need to use it. There's a guidance note in the Members' Area of the website which gives advice on what to include in your CV.

Carry out some training

There are lots of courses available from basic IT training to specific vocational courses, which could be one day courses, week courses or part time evening courses. These can help you to develop new skills that might help you in your current career or prepare you for life after tour.

Gain work experience

If there's an area that you're particularly interested in, see if you can find someone who will give you the opportunity for some work experience. This is great for your CV and will help you to identify a career path you'd like to pursue in the future. A good place to start is with friends or with companies that support you.

Research Careers Options

A Careers Advice Service is available through Colt Mackenzie McNair, who can discuss your aspirations with you and then help you to make a plan for how to achieve your goals.

Build your contacts

During your career, you'll meet lots of people from many different organisations. You never know when you might need their help, but you won't be able to contact them if you don't keep their details. It's worth building and maintaining a database of contacts.

Never be afraid to ask for help

Take advice: there is no shame in asking for help.

Treat people well

You never know when you might need their help.

Broaden your horizons beyond sport

It helps to bring perspective.

Look after your money

It won't last forever.

You are a long time retired

Make as much of your second career as your first.