



PERFORMANCE LIFESTYLE – DELIVERY PRINCIPLES:

Performance Lifestyle works with a person first approach, to provide an individual service to funded World Class Programme (WCP) athletes that centres upon:

- Proactively engaging athletes in future life planning and career development, with the emphasis on early intervention and continued personal and professional development throughout their time on the WCP
- Encouraging and facilitating dual career aspirations with effective management of the balance between sporting and non-sporting commitments, to protect performance potential
- Promoting the importance and impact of athletes creating and developing broader identities and interests beyond their sport in maintaining personal well-being
- Providing support and education around finding and managing the optimal personal balance for conflicting demands e.g. from education, employment, family, financial etc. to protect performance potential
- Supporting athletes from a lifestyle perspective as they transition on to, through and from the WCP
- Providing proactive exit support for athletes leaving the WCP for up to 6months after funding cessation
- Providing a safe, impartial and where appropriate confidential space to support athletes – sign posting and referring onward as appropriate to safeguard the welfare and well-being of the athlete
- Working in partnership with athlete and high performance stakeholders to support and encourage a culture that delivers performance and responsibly cares for its people