



# LIFE AFTER SPORT *COACHING*

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WITH RACH TAYLOR

**RACH TAYLOR**  
COACHING

**A PROGRAM BUILT  
BY AN OLYMPIAN  
FOR ATHLETES**

**RACH TAYLOR**  
COACHING

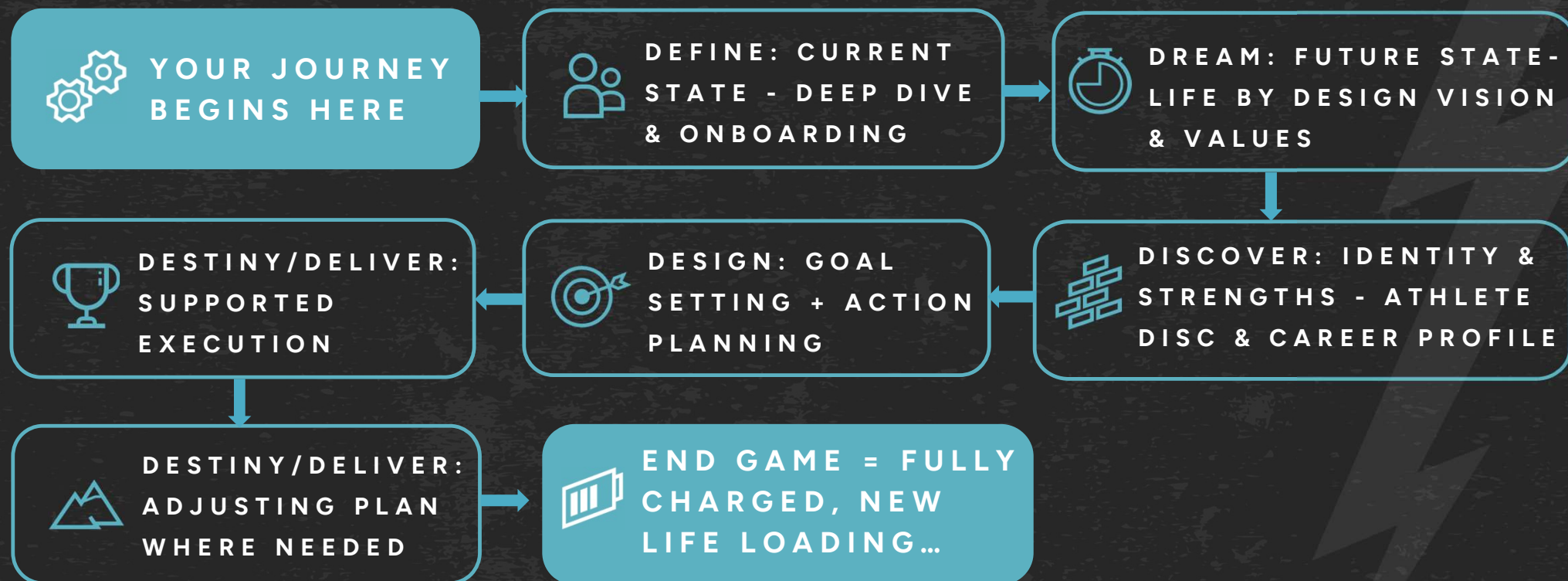
# HELPING **ELITE ATHLETES** NAVIGATE THE **TRANSITION** OUT OF SPORT INTO FULFILLING POST-SPORT CAREERS AND LIVES

ARE YOU READY TO GET STARTED?

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# THE JOURNEY



# SESSION 1: CURRENT STATE DEEP DIVE & ONBOARDING

🕒 60-minutes (40-min deep dive + 20-min education and onboarding)


## Session Summary:

**DEFINE:** A deep exploration of where you're at now, guided by your Life After Sport questionnaire. Plus, insights into what we know athletes struggle with post-retirement and a roadmap of our coaching journey ahead.

## Key Outcomes:

- ✓ Clarity on where you're currently at in your transition
- ✓ Insights into the ten most common themes and pitfalls of the athlete retirement transition
- ✓ Clear overview of our coaching journey ahead

## SESSION 2: LIFE BY DESIGN VISION, VALUES & IDENTITY

 75-minutes

### Session Summary:


**DREAM:** Co-create a future-state vision of your ideal life beyond sport using an online whiteboard canvas. Explore lifestyle, work/finances, connection/community, education/mastery and health/wellbeing aspirations. Articulate your core values. Using the evolving identity map define your current identity and ideate an aspired future self.

### Key Outcomes:

- ✓ Your own Life by Design vision canvas and core values
- ✓ Clarity and excitement about the future
- ✓ Emotional anchors for decision-making
- ✓ Your own Evolving Identity Map defining who you are and who you want to become



## SESSION 3: ATHLETE DISC DEBRIEF + SKILLS/CAREER PROFILING

 90-minutes


### Session Summary:

**DISCOVER:** Deep dive into your Athlete DISC assessment results and career insights, identify behavioural strengths, career preferences, clearly define transferrable athletic skills, start to articulate and evolve your identity – into something that will serve you beyond sport.

### Key Outcomes:

- ✓ Athlete DISC profile + career insights
- ✓ Clarity on natural strengths and behavioral preferences
- ✓ Self-awareness and confidence in your transferable skills
- ✓ Refine current identity and how this can evolve beyond sport

# SESSION 4: GOAL SETTING AND ACTION PLANNING

 60-minutes

## Session Summary:

**DESIGN:** Turn vision into momentum by setting practical short-medium term goals, mapped to your bigger picture vision.

## Key Outcomes:

- ✓ Meaningful goals aligned to your vision and values
- ✓ Clear fortnightly actions to complete, with follow up and accountability
- ✓ Structure and commitment to momentum



## SESSION 5-8: SUPPORTED EXECUTION OF 'THE PLAN'

 60-minute sessions, held fortnightly

### Session Summary:

**DESTINY / DELIVER:** Ongoing support to review progress on agreed actions, coach around roadblocks, adapt and set new actions to deliver on 'The Plan'.

### Key Outcomes:

- ✓ Accountability, coaching and support (including support between sessions as required)
- ✓ Space to work through challenges and troubleshoot
- ✓ Adapt and set new actions to keep moving forward

“ As a fellow athlete who has journeyed through the highs and lows of sport - and navigated life afterwards - I created **Life After Sport** because I know first-hand the unique challenges that come with leaving the game. This program is built on the insights and lessons from my journey, and it's exactly what I, and countless teammates, needed when our sporting careers ended. ”

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# WANT TO WORK TOGETHER?

*LET'S DO IT!*



[www.rachtaylorcoaching.com](http://www.rachtaylorcoaching.com)



[rach@rachtaylorcoaching.com](mailto:rach@rachtaylorcoaching.com)

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