



National Career Practitioner Referral Network

The AIS' Athlete Wellbeing and Engagement (AW&E) Career and Education team is excited to launch the elite athlete National Career Practitioner Referral Network (CPRN).

The CPRN will help Australia's talented athlete's access a variety of professional career advice and guidance services.

Who can access the service?

The CPRN will be accessible to all **categorised athletes**, with access and bookings available through their AW&E Manager.

Categorised athletes will include Level 1-5 on the Categorisation table. Alumni athletes and coaches will be considered on case by case basis at this stage.

How many sessions with a Career Practitioner can you access?

Athletes and or coaches are entitled to up to four (4) individual 1: 1 consultation sessions with a professional practitioner. These 4 sessions are paid for by the AIS.

When is the best time to access the service?

As early as possible is ideal, but any time in your athlete journey is best.

Planning ahead, when thinking about balance and purpose in life, building your transferrable skills, considering career direction, making informed education and work choices and transitioning from sport - all take both time and thought. We are here to help Australian athletes starting out, competing and those who are transitioning out!

Will the Career Services meet my needs?

The sessions are designed to be 'athlete focused' and tailored to meet the needs of individual athletes. All Career Practitioners are used to adapting and providing solutions to meet the needs of HP athletes/coaches during and after their time in elite sport.

What type of Career Services are offered?

A list of professional Career Development standard services can be found in the table below.

How the Career Practitioner works with your AW&E Manager?

The CPRN practitioners support the work of AW&E Manager's encouraging athletes to make better informed choices and decisions for their life during and after sport.

Many athletes and coaches are now recognising the importance of research related demonstrating keeping balance in life is also good for sustainable high performance and longevity in a sport. And at times, sometimes unforeseen changes can occur in our lives and having a Career Development Plan ready gives you peace of mind to concentrate on your excelling at your sport

Your AW&E Manager is the best person to refer you to the CPRN however you can also contact us directly.



How to get started?

Speak to your AW&E Manager within your sport or email us at careerandeducation@ausport.gov.au

We will then have a Career Practitioner get in touch with you to arrange your first meeting.

Working with a Professional Career Practitioner can open up a world of opportunities to the athlete during their time in sport and eventually when they retire from high level competition.

Where are Career Practitioners located?

Each practitioner is located in metropolitan regions of capital cities, however all have remote access to conduct online consultation and support the needs of athletes who are travelling or based more remotely.

Following the AW&E Manager's request on your behalf to access the referral service or through making direct contact to access the service, athletes will be placed with a practitioner most suited to their location, situation and service requirements, and will typically have the option to attend their appointment in person or over the phone/internet.

The initial intake of the CPRN provides 7 practitioners, more will be added as the demand for the career service grows.

I am a regional or overseas placed athlete – can I access the service?

Yes, our Career Practitioners are able to conduct career services by phone or via online mediums such as Skype, Zoom to athletes based all over the world.

Questions or Enquiries:

AIS, Athlete and Wellbeing - Careers and Education team

Ros Holding, AIS Careers and Education Consultant –

E: Ros.holding@ausport.gov.au

Lucas Frederick, AIS Education Network Partnership Advisor

E: Lucas.frederick@ausport.gov.au

List of Services

Services provided for under the CPRN will include:

Career Guidance	Counselling advice to assist athletes strategically identify career options and pathways. Requires a sound understanding or knowledge of the job or industry which interests you.
Career Planning	Defining a clear pathway of direction to meet your current and future needs during and beyond sport.
Career Exploration	Exploring career options aligned with your passion values, interests and strengths.
Career Skill Building	Building capability in skills related to career development to support education, vocational employment or personal life-long decision making such as communication, networking, and presentation skills.
Employment Support	Support for those gaining or seeking employment including job search strategies, review of cover letters, resumes, answering selection criteria, interview preparation, referees etc.
Fast Track Career Advice	One hour specific sessions – confirming a career pathway interest, developing a cohesive script, providing a quick review of your resume or LinkedIn profile or finding out basic information about a job or industry.
Athlete 'Own Business' Linkages Program	Supporting athletes in pursuit of establishing their own business or entrepreneur pathway. Please email to register you interest in this area.
Education Choices/Work Integrated Learning and Work Preparedness Support	Athletes entering study institutions and the workplace for the first time, supporting athletes preparing and striving for a promotion and for coordinating work experience and internships.

The following practitioners form the inaugural intake of the AIS Career Practitioner Referral Network commencing June 2019.

AI CPRN PRACTITIONERS 2019



Cameron Y

Cameron brings over 15 years' experience in providing career counselling services to high performance sport and university environments. This has included a role within RUPA, delivering Career Development and Wellbeing services to professional players and families of the Melbourne Rebels rugby team, as well as 10 years as a Program Coordinator and Lecturer in Sport Management at Curtin University's Business School.

Cameron's personal sporting achievements have included open state titles in 400m sprint and 400m hurdles, and more recently as a World Champion Masters athlete.

Cameron currently works within RMIT's Careers and Employability team, where he delivers services to low socioeconomic students.

Works from Melbourne, Victoria. Also supports TAS.

SERVICES

- Career Guidance
- Career Planning
- Career Exploration
- Career Skill Building
- Employment Support
- Fast Track Career Advice
- Work Integrated Learning and Work Preparedness Support

GENERAL HOURS OF AVAILABILITY

Monday – Friday 7.00am – 9.00pm

Weekends: Will accept appointments

No Public Holidays



Sharyn D – Victoria

Sharyn draws on over a decade's experience in delivering career advisory services, including strong experience in designing and delivering career development programs for both individual athletes and sporting organisations. Sharyn has worked with clubs and athletes such as the Gold Coast SUNS, Melbourne Storm, and Triathlon Australia.

Prior to this, Sharyn worked as the Head of Careers at Caulfield Grammar School where she delivered career advisory and teaching services, including to those with special needs and disadvantages.

In her current role with Career Ahead, Sharyn has established expertise in areas from elite athlete counselling and career coaching development, through to program design, delivery and management.

Sharyn has a strong interest and passion in supporting indigenous athletes.

Works from Melbourne, Victoria. Also supports TAS.

SERVICES

- Career Guidance
- Career Planning
- Career Exploration
- Career Skill Building
- Employment Support
- Fast Track Career Advice
- Work Integrated Learning and Work Preparedness Support

GENERAL HOURS OF AVAILABILITY

Monday – Friday 9.00am – 5.00pm

Weekends: Will accept appointments

No Public Holidays



Lee S –

Lee brings to the network over 13 years' experience as a Career Practitioner, working to support individuals in identifying career pathways, achieving goals, and recognising their full potential.

In her role with TwoPointZero Career Coaching, Lee has first-hand experience in providing face-to-face and virtual support to graduates, professionals and elite sportspeople, and brings a particular passion for working with current athletes and those in career transition.

Prior to her current role, Lee worked in Career Development and Employment services across a range of Melbourne-based businesses and colleges, building experience in working with individuals of varied ages, backgrounds and requirements. Lee was also fortunate enough to gain experience in designing and running programs for young people placed on the autism spectrum.

Works from Melbourne, Victoria. Also supports TAS.

SERVICES

- Career Guidance
- Career Planning
- Career Exploration
- Career Skill Building
- Employment Support
- Interview Skills
- Fast Track Career Advice
- Work Integrated Learning and Work Preparedness Support

GENERAL HOURS OF AVAILABILITY

Monday – Friday 9.00am – 5.00pm

Weekends: Will accept appointments

No Public Holidays



Catherine C

Catherine brings experience working on career development projects of all sizes, from large factory closures to individual programs. Catherine's experience also spans a number of countries, including Australia, Singapore and Malaysia.

Catherine remains current within the virtual world of Career Development, maintaining a regular blog and sharing vlogs, infographics and video resources across all key social media channels.

Other resources developed by Catherine include her very own book, *'My Career Rules!: Recipes for Career Success in 21st Century Australia'*.

Works from Adelaide, South Australia

SERVICES

- Career Guidance
- Career Planning
- Career Exploration
- Career Skill Building
- Employment Support
- Interview Skills
- Fast Track Career Advice
- Work Integrated Learning and Work Preparedness Support

GENERAL HOURS OF AVAILABILITY

Monday – Friday 9.00am – 5.00pm

Weekends: Will accept appointments

No Public Holidays



Lois K – Perth

A Masters-qualified career counsellor and career development coach working in private career practice for 14 years, Lois has worked with a wide variety of clients. Previously contracted as a Career Advisor by the Rugby Union Players' Association, she worked with the Western Force and has also worked with elite hockey and cricket players, as well as ballet dancers.

Lois brings her own life experience in career change, having had a previous career in the finance industry where she worked in corporate relations for the Australian Stock Exchange and in client relations with Australia's biggest superannuation fund.

As a career transition coach, Lois assists clients to transition to a new role or career direction and navigate this challenging process. Lois has strong networks and personal marketing experience that helps clients design and gain the work they want. Lois is the author of "Make Your Move: Career Dynamics for Changing Times".

Works from Perth, Western Australia

SERVICES

- Career Guidance
- Career Planning
- Career Exploration
- Career Skill Building
- Employment Support
- Interview Skills
- Fast Track Career Advice
- Work Integrated Learning and Work Preparedness Support

GENERAL HOURS OF AVAILABILITY

Monday – Friday 9.00am – 9.00pm

Weekends: Will accept appointments

No Public Holidays



Michelle M

Having herself fulfilled roles as a Coaching Director/Elite Coach and successful Olympic Gold Medallist, Michelle brings extensive experience and a successful track record in athlete development, career education and personal development, high performance coaching and management, game development, and growing profile and participation numbers in sport.

Michelle has fulfilled roles coordinating and leading Athlete development and education programmes for athletes and coaches, and pioneered and oversees the management of programs within sport and business environments.

Michelle has also developed experience assisting athletes in upskilling and employment outcomes when transitioning out of their chosen Sport

Works from Brisbane, Queensland. Also supports NT.

SERVICES

- Career Guidance
- Career Planning
- Career Exploration
- Career Skill Building
- Employment Support
- Interview Skills
- Fast Track Career Advice
- Work Integrated Learning and Work Preparedness Support

GENERAL HOURS OF AVAILABILITY

Monday – Friday 9.00am – 5.00pm

Weekends: Will accept appointments

No Public Holidays



Gabby R

Having most recently worked directly with teams such as the West Tigers and the St George Illawarra Dragons in Rugby League as well as the Matildas, Gabby brings over 20 years' experience in elite sport and assisting athletes through their career and education journeys.

Gabby has worked with athletes across an array of sports, disciplines and levels, including, rugby league, men's and women's football, and the New South Wales Institute of Sport.

Throughout his career, Gabby has developed a strong passion for assisting athletes to confidently choose and navigate a career path that matches their values and interests, recognising the positive impact such a step has on all aspects of their lives; including their sport, wellbeing and identity.

Works from Sydney, New South Wales. Also support ACT athletes.

SERVICES

- Career Guidance
- Career Planning
- Career Exploration
- Career Skill Building
- Employment Support
- Interview Skills
- Fast Track Career Advice
- Work Integrated Learning and Work Preparedness Support

GENERAL HOURS OF AVAILABILITY

Monday – Friday 8.00am – 9.00pm

Weekends: Will accept appointments

Public Holidays: Will accept appointments

ADDITIONAL QUESTIONS

Will a Professional Practitioner be able to access their 4 Professional Practitioner Sessions from both a NIN provider and their NSO? Although we love athletes accessing our services, the answer is unfortunately no. Each individual elite athlete is entitled to access up to 4 individual sessions with a single practitioner paid for by the AIS.

Are additional sessions available if needed? Additional sessions are only available once 4 sessions have been complete and are subject to both a further request by your AW&E Manager and reviewed by the AW&E Careers and Education Consultant. Athletes can however opt to pay for additional sessions.

How long will it take from the request to actually speaking to a Professional Career Practitioner? The Career Practitioner will contact you within 1-3 working days to arrange your first session. Allow 60 minutes approximately per session. This is the minimum time allocated for a single session as part of the AIS CPRN.

Will my AW&E Manager be kept informed as to the outcome of my sessions with a Professional Career Practitioner? Yes, but only with your agreed personal consent.

How do I give feedback on my experience with a Career Practitioner?

Email the Careers and Education team for the time being. Once the service is more established we will ask you to respond with a quick 'leave us your thoughts' survey.