

**DUAL CAREER**



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**EUROPEAN U16  
WOMEN'S ICE HOCKEY CUP**



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## Maslow's Hierarchy of Needs

### Physiological needs:

These are basic needs we as humans can't live without. E.g. Food, water, sleep, oxygen etc.

### Safety needs:

We all need to feel safe. This refers to be physically, financially safe, to have job security and good health.

### Social needs:

We all would like to have social connections, friends and family.

### Self-Esteem needs:

We all have desire to be respected by others, it builds our self-esteem, confidence and helps us have a sense of self achievement.

### Self actualisation:

This is about realising our full potential, „to be what we can be” - this differs from person to person. This is the highest level on the hierarchy.



Source:

<https://www.professionalacademy.com/blog/>



# ROLES

Roles are set of expectations linked to a given position in society. These shape our behaviour, as they integrate a wide range of individual behaviour patterns given in response to the above expectations (Fábián, 2008).

Example: hockey player, student, coach, teacher, parent etc.



# MULTIPLE ROLES

Individuals may fulfill several roles at the same time.

But people have limited time, energy and attention.

Consequently, multiple roles require the sharing of these limited resources, thus, scheduling and allocation will have a key importance.

The more roles the individual undertakes the more probable it is that fulfilling one role will damage the other which leads to the exhaustion of resources



# MULTIPLE ROLES



Simultaneously fulfilling multiple roles may have advantages as well, and these may help reducing the stress caused by role accumulation.

**1: Role privileges:** each role involves rights and duties. Therefore, the more roles you have, the more rights you will have.

**2: Status security:** the more roles the more opportunities: you may find compensation and support in one role for failure in another, which may, in the course of time, may have a positive effect on the failed role as well.



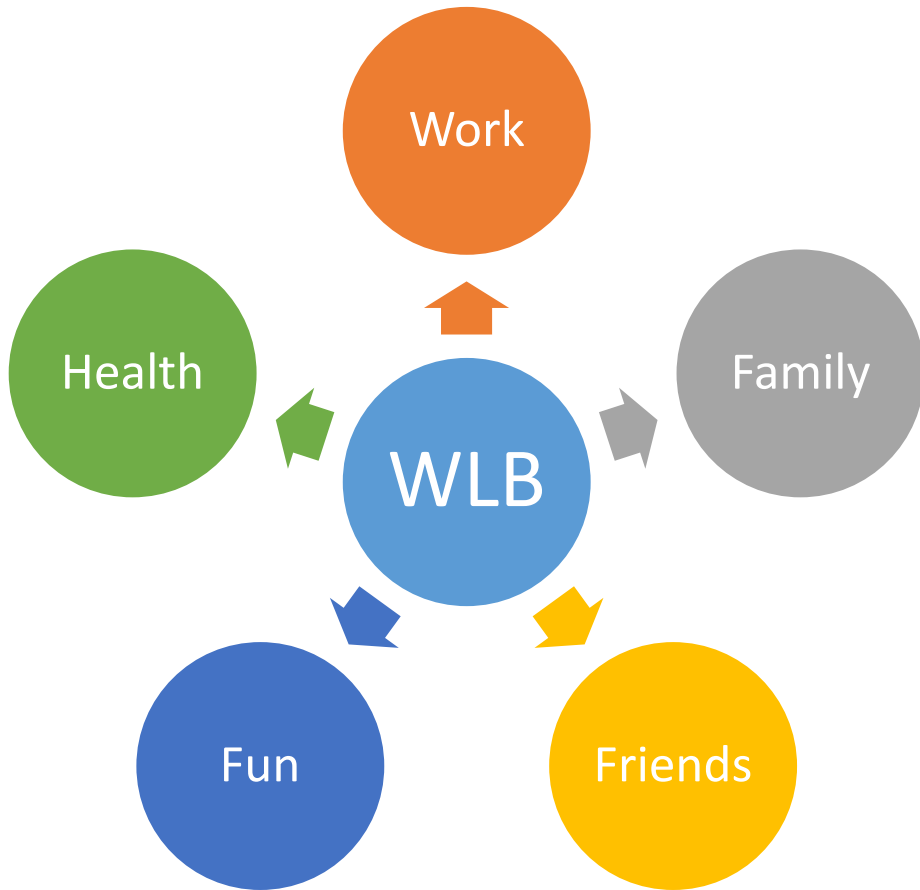
# MULTIPLE ROLES



**3: Getting access to resources:** apart from getting certain exclusive rights with a new role, you may also have access to further specific resources (e.g. status, respect, etc.) As a result of fulfilling multiple roles, positive outcomes experienced in one role may have a beneficial influence on performance in the other.

**4: Personal enrichment:** by undertaking multiple roles your scope on life may widen, your self-esteem may be enhanced, etc.

# WORK-LIFE BALANCE



Work-life balance is about properly prioritizing between the roles in our work (career) and in our other life domains (family, health, pleasure and spiritual pursuits).

People who successfully follow this concept are able to lead satisfactory lives at home and the workplace.

# DUAL CAREER

The combination of an athletic career with education and/or occupation.

Pursuing a role in formal education (eg. University student) and having a role of a high-performance athlete can be a challenging task, but may have several advantages.





# DUAL CAREER

Main advantages of a dual career:

- focus on more than one aspect of life
- transferability of skills
- intellectual stimulation
- a sense of balance
- frustration from exclusive dedication of time
- a feeling of security from gaining qualifications for the future
- consideration of athletic retirement
- better athletic performance in a sport friendly academic environment

# THANK YOU!



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