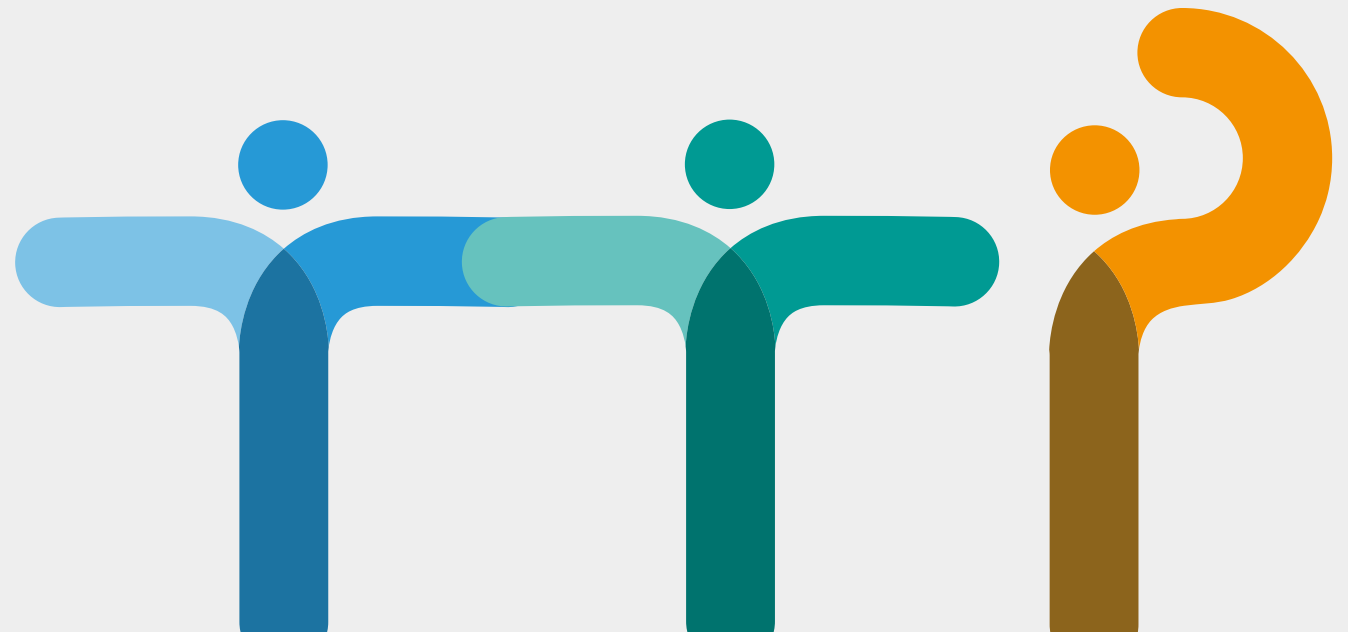


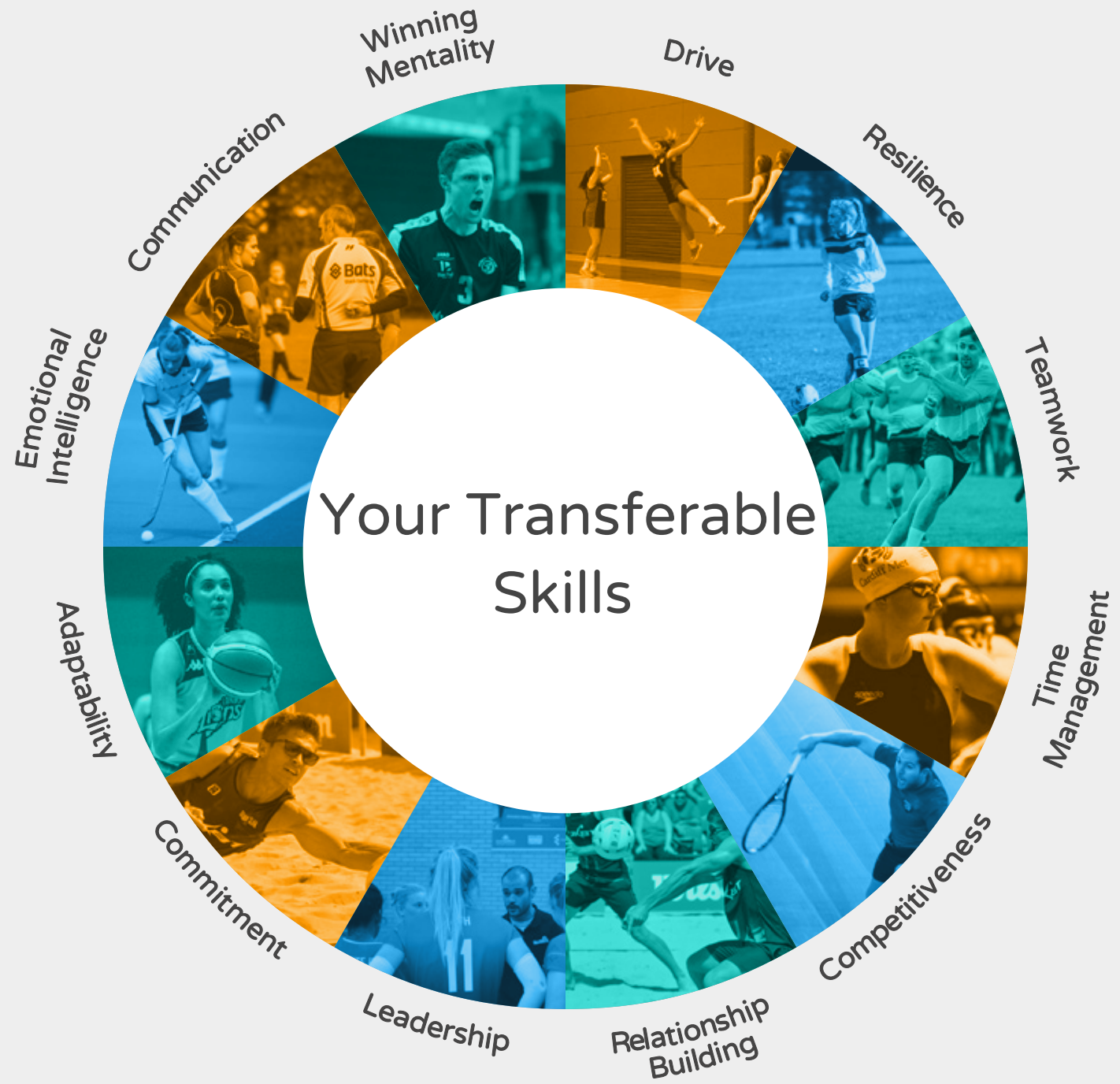
The Transition Phase

Connecting athletes and businesses





The Transition Phase is an early careers programme that supports talent from an elite sporting background. We utilise our own experience of having successfully transitioned careers to provide athletes with career guidance and support, making them aware of their transferable skills and how they can be utilised in a professional environment, whilst providing organisations with access to high potential talent.





“Athletes represent people who are disciplined, used to taking direction but able to take initiative, skills that are widely accepted as useful in the market.”

Our Process for your Success



Career Guidance

We utilise our own experience of having successfully transitioned from elite sport in to professional work, to support you through your own career transition and to help you recognise how valuable you can be to an organisation.



Career Opportunities

We have strong relationships with high profile organisations across a range of sectors, who are actively looking to hire people specifically like you!



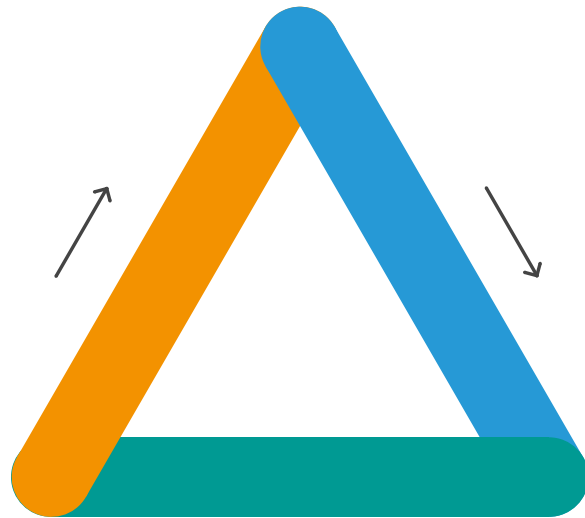
Support Network

Our ever-growing community provides you with a support network of like-minded former athletes, who have been through their own successful career transitions and are passionate about helping others on their journey.

Career Guidance

Support
Network

Career
Opportunities





Riteesh

Founder of The-Transition-Phase, Riteesh is a former professional footballer (Nottingham Forest FC) and scholarship athlete (University of Stirling). Since graduating, Riteesh has developed a successful career within recruitment and talent development, currently working for Deloitte, whilst maintaining an active involvement within professional sport, as the UEFA A Licensed football manager of Charlton Athletic Women's FC. He is the most senior Asian football coach in the UK, and acts as a role model for The FA's current Asian Inclusion Plan, focused on increasing the participation of British Asians in professional football. Riteesh's passion lies in utilising his experience of overcoming challenges and barriers within elite sport and professional work, to ensure inclusivity and opportunity for all.

Career Guidance



John

John is the co-founder of a leading Interim & Executive Search recruitment agency, specialising in senior People & Change appointments. He has a proven reputation and network with Recruitment and Talent Development leaders across a range of sectors, and has witnessed first hand the benefits that former elite athletes can have on organisations, when provided with the right opportunities. John is an avid sports fan, having represented Swansea and Wales FC at youth level. He also captained the Durham University football team, where he graduated with an honours degree in Psychology. John is committed to exposing future transitioning athletes to a valuable network of clients and providing them with opportunities for success beyond their sporting careers.

Career Opportunities



Sam

Sam is a former professional footballer having played for the likes of Bradford, Manchester United and Middlesbrough. His career highlight is keeping a clean sheet at the Ibrox stadium in front of a 40,000 crowd. Sam was a scholarship athlete at the University of Stirling, where he graduated with an honours degree in Business Management. He has successfully transitioned from elite sport into professional work and therefore is an expert by experience in providing support to athletes post-transition. Successfully transitioning into recruitment, Sam co-founded Hansen Filler, a leading Interim & Executive Search agency. Sam is passionate about providing a platform and support network that enables the next generation of athletes to successfully transition from elite sport into professional career.

Support Network





Elle' is a former professional footballer, with experience playing in her home country of the United States and throughout Europe. Prior to this, she was a dual-sport scholarship athlete, competing in both football (soccer) and track & field, while also earning bachelor's degrees in Psychology and Sport and Recreation Management, honours. Most Recently, Elle' has earned her master's degree in Sport and Exercise Psychology at the University of Roehampton, where she studied in depth the psychological impact of and factors involved in career transition and dual-careering. Elle' is passionate about guiding athletes through their own career transitions and using her sporting and academic background to support those choosing to maintain both a sporting and professional career.



Milly is a former international volleyball player, having represented England at both junior and senior level. She is a recent graduate of the University of Essex where she successfully completed a master's degree in Marketing and Management, while also training up to 20 hours weekly as a scholarship athlete. Throughout her sporting career, Milly's most notable achievements include winning the UK School Games and National Student Cup, being selected for the GB passport scheme and most recently, helping her team become champions of the National Super League, the highest volleyball league in the UK. A recent expert by experience of career transitioning, Milly is committed to helping other athletes in their own career transitions by making athletes recognise their valuable attributes and use them in an alternative situation.



Career Guidance

“As a former professional athlete, I’ve experienced first-hand a lack of specialist support and duty of care in place, to help individuals prepare for and thrive through career transition, which is why I’m passionate about providing support and guidance to our athletes.”

Riteesh

Career Guidance



Having been through our own career transitions from high performance sport to professional work, we understand that the process is not always easy to approach. Through our experience, we recognise the transferable skills that elite athletes possess, and aim to help you channel and apply those skills in an alternative environment. We deliver workshops and provide support and guidance through the key stages of an athlete's transition, including:

- Preparing you for your career change through lifestyle management and coaching
- Helping you to recognise your transferable skills and teaching you how to convert them in an alternative environment
- Assessing your career preferences and educating you around different industries and organisations
- Providing CV guidance and interview coaching





80% of athletes aren't aware of how they can transfer their skill sets into a business context.



Career Opportunities

“We see it as our responsibility to educate organisations as to how individuals with an elite performance background possess a core set of behaviours and skills that can provide a competitive advantage, if nurtured correctly.”

John

Career Opportunities



Because of our experience of being elite athletes who have made the successful transition in to different careers away from sport, we have the expertise to help you as an athlete to know what the most suitable and relevant career paths are for you, based on your motivations, background and preferences.

Our relationships with organisations across a wide range of industries, gives us access to job opportunities that are relevant, and play to the strengths of candidates from an elite performance background. We partner with you to coach you throughout the application and interview process and are committed to finding the right career for you individually.





Athletes have a higher employability potential than non-athletes and earn up to 15% more than their non-athlete peers.



“Career transition can be tough – I was lucky to have a really strong support network around me but recognise that not everybody has access to this. I’m therefore passionate about providing an ongoing community of support to our athletes, enabling them to learn and develop together as their careers progress.”

Sam

Support
Network

Support Network



We have a growing network of athletes who have successfully transitioned careers, in addition to strong relationships with business leaders who are passionate about providing career coaching that is specific and tailored towards talent from an elite performance background.

We deliver tailored mentorship programmes, matching athletes with business professionals, to provide you with the opportunity to develop an invaluable network and to receive cross-sector support and ongoing coaching and mentoring throughout the early stages of your career.

We also facilitate events and provide an online community for you to engage in, learn from and stay connected with others who have been through their own career transition.





More than half of high-level athletes believe that having a support network that extends into employment is important for increasing wellbeing, confidence and future success.

Companies committed to your success:





@thetransitionphase

Start your Transition

Contact us

info@thetransitionphase.co.uk

020 3890 7288