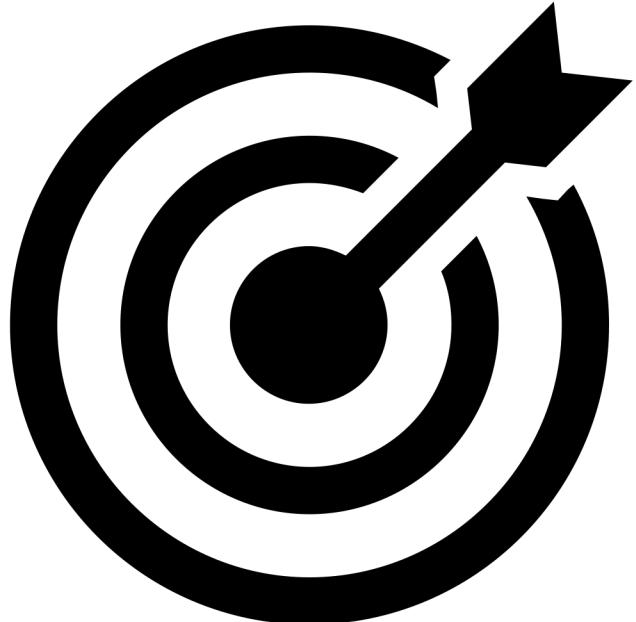


Hvad kendetegner det gode udviklingsmiljø? Og hvorfor skal vi forstå vores eget?

Workshop 2

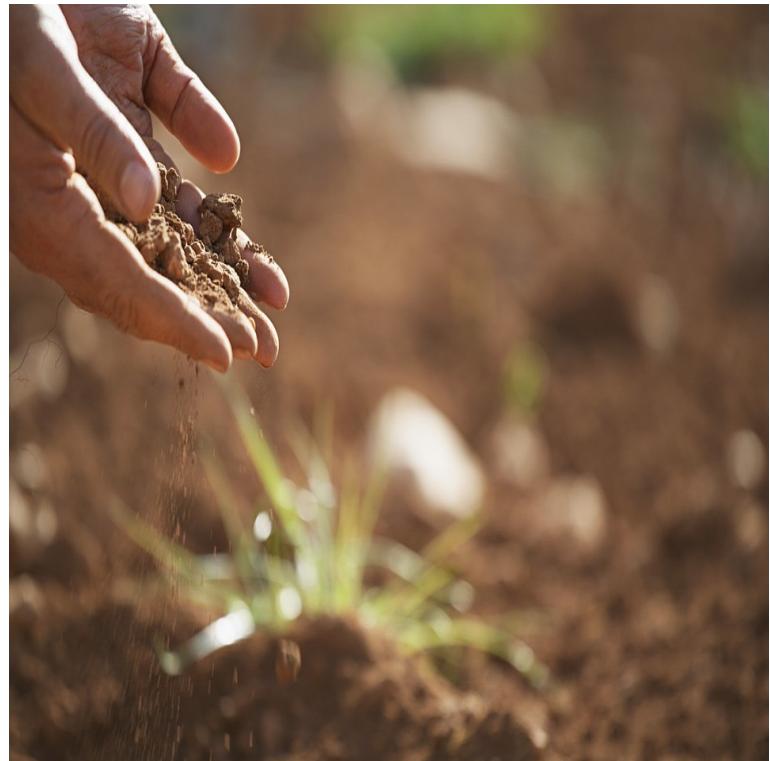
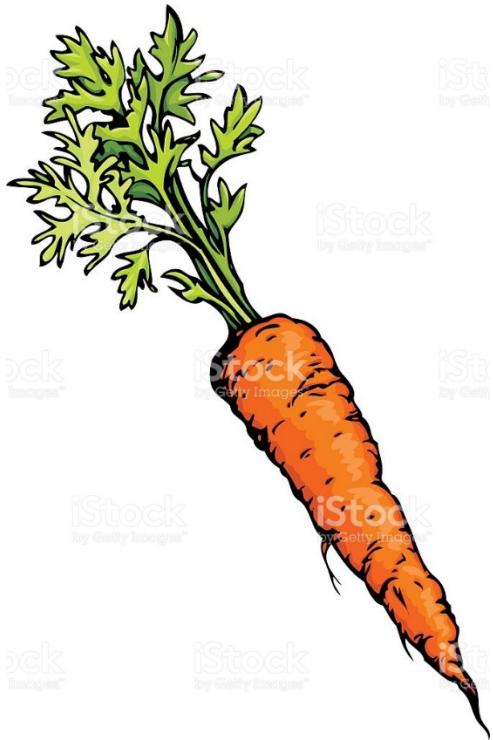
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Odense Talentudvikling



Formål: At give *nyeste viden* om udviklingsmiljøer med fokus på mental sundhed, samt at få Jer til *selv* at kortlægge og beskrive udviklingsmiljøerne i Odense Kommune som I oplever dem, og dermed forklare hvorfor de fungerer godt eller mindre godt.

Den holistisk økologiske tilgang



Optimal dual career balance?

elever/udøvere støttes i at kombinere sport og uddannelse. Dvs. balancere deres uddannelsesmæssige og sportslige mål og samtidig leve et tilfredsstillende liv hvor de bevare deres sundhed og trivsel

(frit oversat fra Stambulova et al 2015, p. 12)



Kan man tale om miljøer der er særligt gode til at understøtte en dual career?



Dual career udviklingsmiljø (DCDE):

Purposefully developed system that aims to facilitate athletes' investment in combining their competitive sporting careers with education or work (Morris et al., 2020)

Hvad ved vi?

Positive

Trivsel

Flere sider af sig selv – flere aspekter af livet

(Lupo et al., 2017;
Ronkainen et al., 2019).

Lettelse fra pres

Perspektiv (Cartigny et al., 2020)

Karrierestop mindre problematisk

(e.g., Torregrossa et al., 2015)



Negative

Tidskrævende

Fysisk og mentalt pres

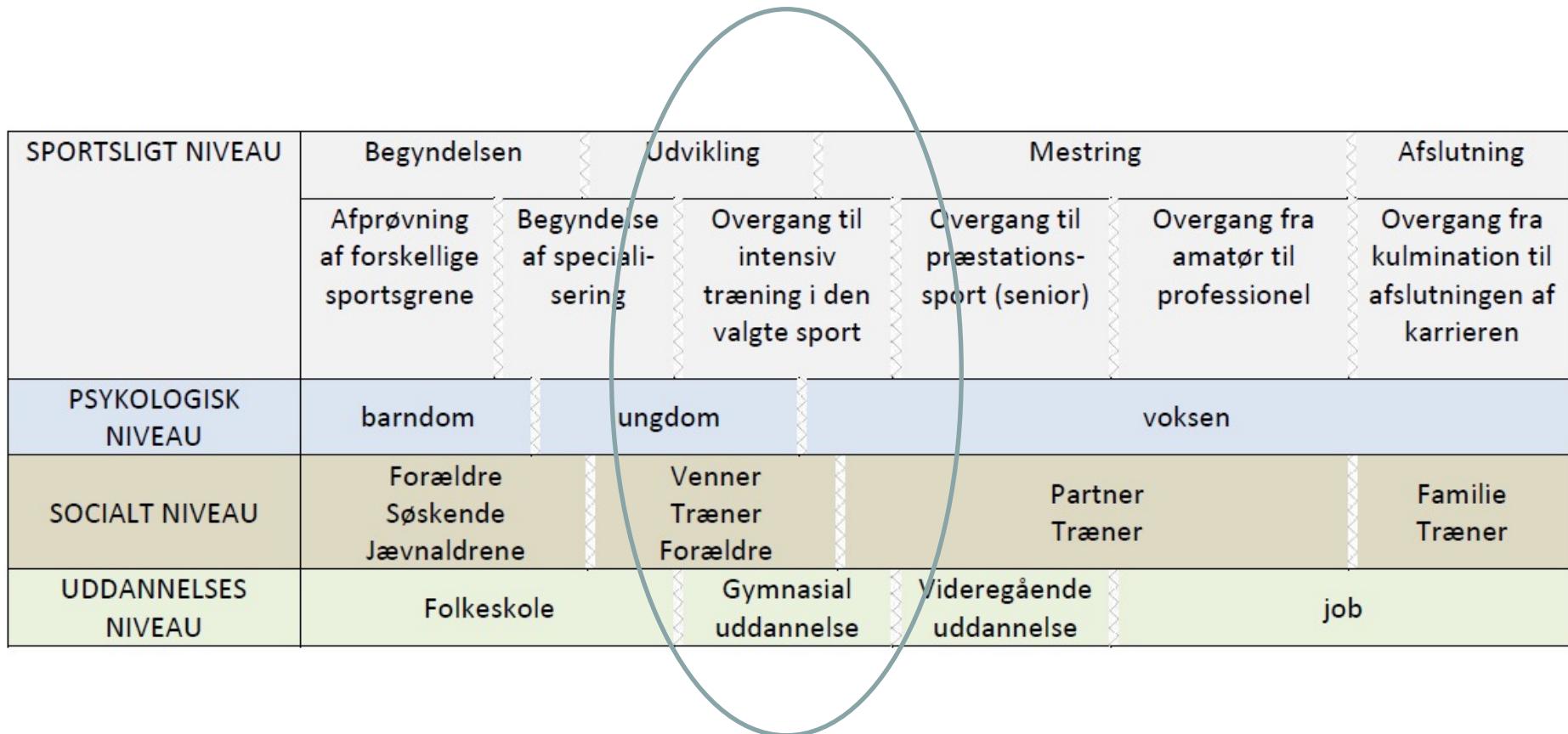
(Sorkkila et al., 2017)

Ufleksible setup en barriere

(Lopez de Subijana et al., 2015)



Aquilina, 2013; Stambulova et al., 2015; Stambulova & Willeman, 2019



Sport eller skole? Drømme og dilemmaer!



Tre typer af motivation og identitet



Tabel 4: Hvad vil du vægte højest i de kommende fem år? Survey 2

At klare mig godt sportsligt	15
At klare mig godt uddannelsesmæssigt	54
Jeg vægter ikke det ene højere end det andet	31

Tabel 5: Hvad vil du vægte højest i de kommende fem år? Survey 2

	At klare mig godt sportsligt	At klare mig godt uddannelsesmæssigt	Jeg vægter begge lige højt
Alle	15	54	31
Drenge	22	45	32
Piger	5	66	29
Fodbold	21	57	23
Håndbold	6	53	41
Svømming	9	60	31
Ishockey	40	35	26
Badminton	12	56	33
Basketball	19	58	23
Lav socio	21	55	24
Melleml socio	15	52	33
Høj socio	10	59	32

Tabel 5: Hvad vil du vægte højest i de kommende fem år? Survey 2

	At klare mig godt sportsligt	At klare mig godt uddannelsesmæssigt	Jeg vægter begge lige højt
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Høj socio	10	59	32

(Nielsen, Olesen & Skrubbetrang, 2014-2017)



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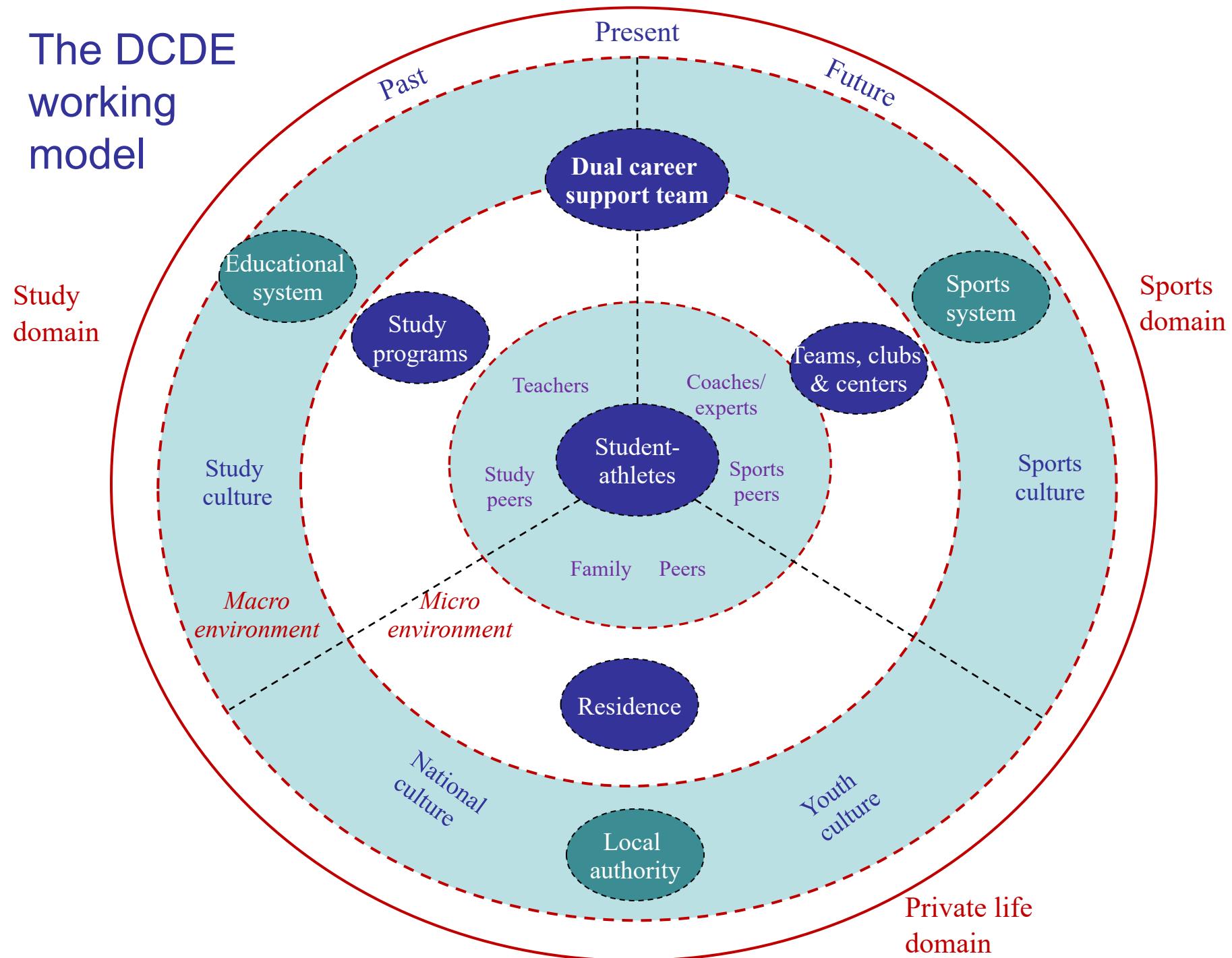
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Hvad skal læres og gøres? Hvordan findes den optimale balance?

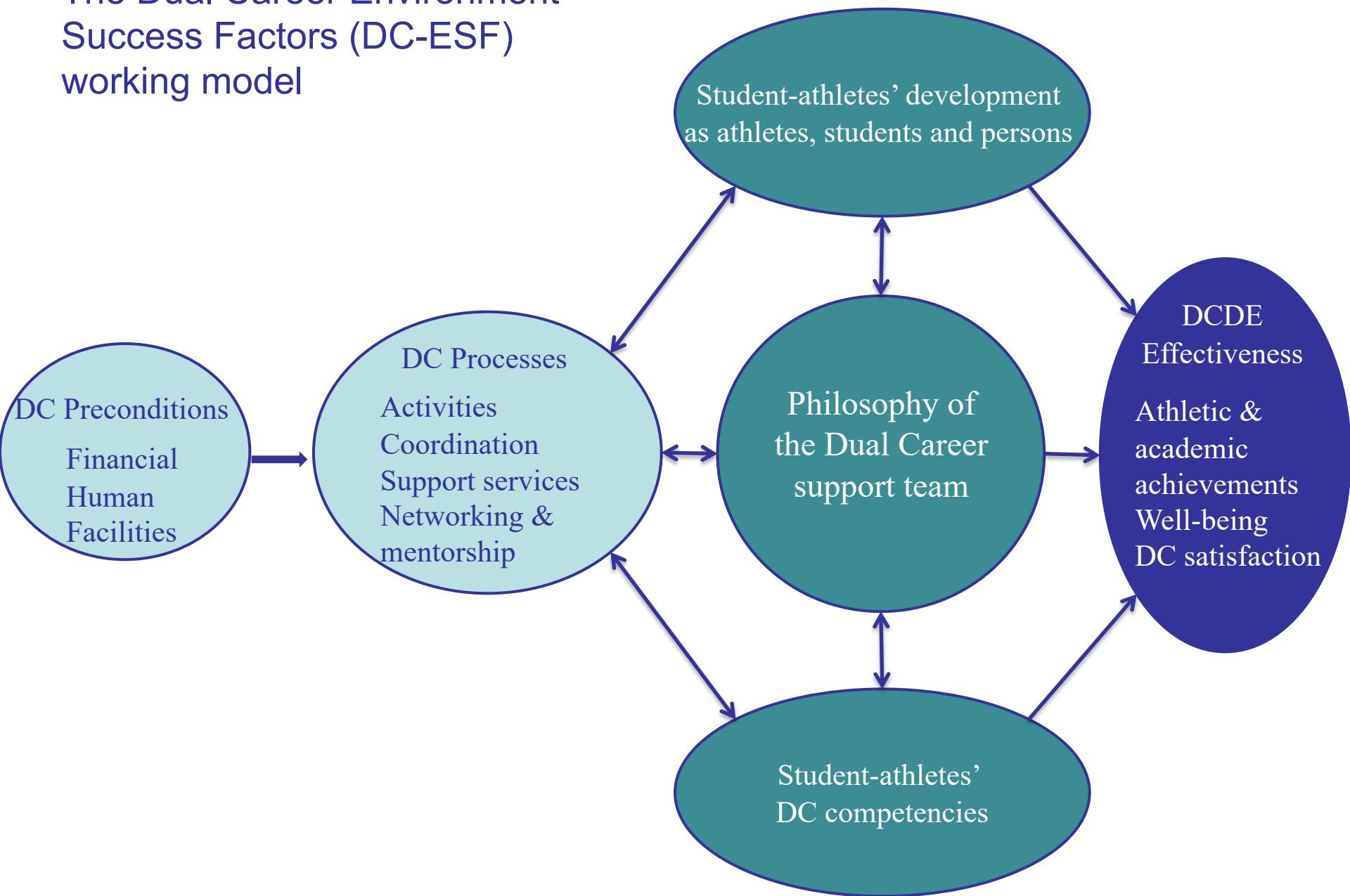
- **Personlige kompetencer** (fx tidsstyring, prioritering)
- **Eksterne ressourcer** (fx støtte, fleksible systemer og vejledning)



The DCDE working model



The Dual Career Environment Success Factors (DC-ESF) working model





ECOLOGY of DUAL CAREERS

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Ten essential features of European dual career development environments: A multiple case study

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ABSTRACT

Aim: Dual career development environments (DCDEs) support athletes' effort in combining their competitive sporting careers with education or work. The characteristics of the environments may differ across cultures. The aim was to identify essential features of DCDEs based on a cross-case analysis of seven European DCDEs in Belgium, Denmark, Finland, Slovenia, Spain, Sweden, and the United Kingdom within the Erasmus+ Sport project "Ecology of Dual Career".

Design: The study was designed as a multiple case study and based on two holistic ecological working models (Henriksen et al., 2020). The cross-case analysis included series of focus group discussions, in which two-three researchers from each partner country and four dual career (DC) support providers compared the findings across seven national cases with a primary focus on similarities rather than differences.



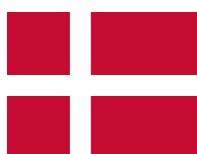
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Formål

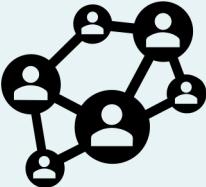
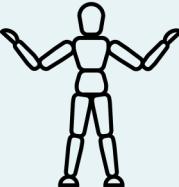
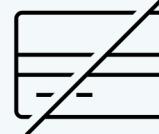


At identificere ligheder (og forskelle) mellem syv dual career udviklingsmiljøer baseret på en cross-case analyse af syv europæiske lande.

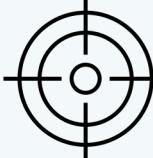


Henriksen et al., 2020; Kiens & Larsen, 2020; Korhonen et al., 2020;
Linnér et al., 2020; Nikander et al., 2020

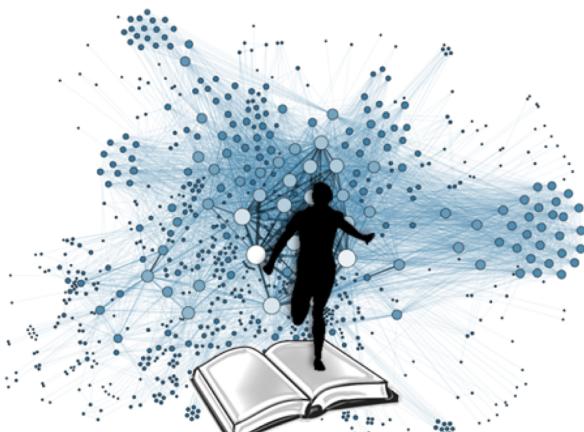
Holistic Structure

	Descriptors	Opposite Poles
Dedicated DC support team		
Integrated efforts		
Understanding and support from the environment		
Rolemodels and mentorship		
Access to expert support		

Shared Dual Career Philosophy

	Descriptors	Opposite Poles
A whole person approach		
An empowerment approach		
Flexible DC solutions		
Care of DC athlete's mental health and wellbeing		  
An open and proactive approach to the development of the environment		

THANK YOU!



ECOLOGY of DUAL CAREERS

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