



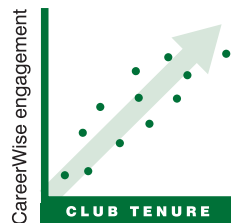
Engagement in Sport Career Transition Planning Enhances Performance

In 2017 the National Rugby League in Australia commissioned an independent study to assess the impact of engagement in the NRL CareerWise Programme on players, clubs and the NRL overall.

NRL CareerWise is a game-wide career programme based on best practice in career development. It is designed to help players plan for life after Rugby League, make well-informed future career choices and develop the skills and knowledge required to successfully manage their on-going careers.

“ The ground-breaking findings from Lavallee’s study highlight significant implications for the future of high-performance sports organisations. ”

Andries Pretorius, CEO Welsh Rugby Players Association



Higher levels of CareerWise engagement, as determined through measurements of career decidedness and planning, were found to be significantly related to:

- being selected for the team when available (*not injured, suspended or rested*);
- the number of years contracted by a Club; and
- the number of years playing the NRL overall.

All relationships in the study were found to be positive and significant.

Engagement in Career Planning and Education was shown to predict player performance, overall years contracted by a club and overall years in the NRL.

The CareerWise Programme was found to explain the significant relationships between engagement in Career Planning and Education and team selection, years contracted by a club and years in the NRL.

Captains and co-captains were found to be engaged in Career Planning and Education more than the average player and this resulted in significantly more team selections, years contracted by a club and years in the NRL.

These results show how providing a duty of care towards sport participants by helping them plan for life after sport has a positive impact on their sporting performance.



David Lavallee (2019). Engagement in sport career transition planning enhances performance. *Journal of Loss and Trauma: International Perspectives on Stress and Coping*, 24, 1-8. DOI: 10.1080/15325024.2018.1516916

Professor David Lavallee (d.lavallee@abertay.ac.uk) was commissioned by the NRL to conduct this independent research study. Lavallee is the world’s first Professor of Duty of Care in Sport at Abertay University in Dundee, Scotland and created The Sport Census with Skoosh (thesportcensus.co.uk) to help sports enhance welfare and wellbeing. He is an international expert in sport career development and transitions with over 100 publications in the area (orcid.org/0000-0002-3829-293X) and experience of reviewing programmes in the United Kingdom, Ireland and Australia.



The CareerWise program and measures of engagement were developed for NRL/RLPA by Max Coaching, Australia.