

EQUIPPED FOR ACTION: COACHING RETIRED PARALYMPIANS

Achieve Success Beyond Sport with Expert Guidance

Are you ready to navigate life beyond elite sport and unlock your potential in a new career or life path? Transitioning from paralympic sport can be challenging, but you don't have to do it alone. As a retired Paralympian, occupational therapist, and experienced coach, I offer a unique combination of lived experience, professional expertise, and proven coaching methods to support you in this journey.

Why Choose Coaching with Me?

My coaching is tailored specifically for recently retired Paralympic athletes who are seeking clarity, purpose, and confidence in their next chapter. Here's why working with me can make a difference:

- **Lived Experience and Professional Expertise**
As a Paralympian wheelchair user, I understand the unique challenges and opportunities of transitioning out of competitive sport. My background as an occupational therapist equips me to explore and provide practical strategies for career exploration, personal growth, and life balance beyond sport.
- **Author of *Own Your Success: Thriving as a Professional with Disability***
My book (<https://www.amazon.com.au/dp/B0DTK3JVK9>) offers advice on career development, self-advocacy, and overcoming workplace challenges. The insights from the book are woven into my coaching approach, giving you practical tools to navigate your transition into new pursuits.
- **Personalised Support**
Every coaching plan is customised to your unique aspirations, strengths, and circumstances. Whether you're exploring career options, developing new skills, or redefining your identity beyond sport, we'll focus on what matters most to you.
- **Proven Coaching Frameworks**
Using coaching frameworks like the GROW Model and my own Organisational Architecture Domains framework, we'll create a clear, actionable plan to help you succeed. These methods focus on aligning your aspirations with practical strategies for professional growth.

The GROW Model – A structured approach to defining goals, assessing your current position in life, exploring new possibilities, and setting concrete actions.

Organisational Architecture Domains – A holistic framework addressing key areas of transition:

- **Person:** Identifying strengths, development needs, and aspirations beyond sport.

- **Environment:** Creating a supporting and inclusive setting for career or lifestyle changes.
- **Occupation:** Exploring meaningful opportunities in work, education, hobbies or community involvement, including giving back to your sport.
- **Performance:** Measuring progress and celebrating achievements in your new journey.



How Coaching Can Help You Thrive

Here's what you can expect from working with me:

- **Clarity and Goal-Setting**
Identify your aspirations beyond sport and create a roadmap to achieve them confidently.
- **Career & Life Transition Strategies**
Discover new career paths, education opportunities, business ventures, or meaningful hobbies and sport involvement that align with your skills and interests.
- **Skill Development**
Enhance critical skills such as leadership, communication, networking, and resilience to boost your next chapter.
- **Confidence Building**
Develop a strong mindset and self-assurance to navigate this transition successfully.

Flexible Coaching Options

Participate in one-hour, weekly individual coaching sessions tailored to your needs. Sessions are available online or in person for your convenience. The structure and frequency of sessions can be adjusted to suit your goals and schedule.

The cost is \$220 per session. If you have an NDIS plan that includes employment or capacity-building support, coaching may fit within your package.

Why Now?

The transition from elite sport is a unique and significant life shift. Your experience, discipline, and resilience as an athlete are powerful assets for your next endeavour. Coaching can help you channel these strengths into a fulfilling and successful future.

Ready to Get Started?

Take the first step toward a rewarding life beyond sport. Contact me to discuss how coaching can support your transition from sport.

🌐 **Website:** www.lisachaffey.com.au

Let's work together to transform your athlete experience into a foundation for lifelong success.