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Table 1

Themes associated with Realising, Adapting, and Thriving in Career Transitions from Gymnastics to Professional Circus

Phase 1 Realising		Phase 2 Adapting		Phase 3 Thriving	
Hard work		General stress	<ul style="list-style-type: none"> - Feeling overwhelmed - Performance pressure - Contract uncertainties 	Freedom	
Motivation	<ul style="list-style-type: none"> - Need for development - Need to be physically active 	Loss of competence		Personal development	<ul style="list-style-type: none"> - Psychological skill development - Physical skill development
Social support		Social adjustment	<ul style="list-style-type: none"> - Fitting in - Coaching relationships - Interdependency 	Social connectedness	
Optimism		Taking calculated risks			
		Physical recovery			