

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	- Feeling overwhelmed - Performance pressure - Contract uncertainties	Freedom	
Motivation	- Need for development - Need to be physically active	Loss of competence		Personal development	- Psychological skill development - Physical skill development
Social support		Social adjustment	- Fitting in - Coaching relationships - Interdependency	Social connectedness	
Optimism		Taking calculated risks Physical recovery			