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Realising, Adapting, and Thriving in Career Transitions from Gymnastics to Contemporary Circus Arts

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Available at <http://clock.uclan.ac.uk/25958/>

van Rens, Fleur E.C.A. and Filho, Edson ORCID: 0000-0002-8548-4651 (2019) Realising, Adapting, and Thriving in Career Transitions from Gymnastics to Contemporary Circus Arts. Journal of Clinical Sport Psychology . ISSN 1932-9261

It is advisable to refer to the publisher's version if you intend to cite from the work.
<http://dx.doi.org/10.1123/jcsp.2018-0075>

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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	- 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			