

Central Lancashire Online Knowledge (CLoK)

Title	Realising, Adapting, and Thriving in Career Transitions from Gymnastics to Contemporary Circus Arts
Type	Article
URL	https://clock.uclan.ac.uk/id/eprint/25958/
DOI	https://doi.org/10.1123/jcsp.2018-0075
Date	2019
Citation	van Rens, Fleur E.C.A. and Filho, Edson (2019) Realising, Adapting, and Thriving in Career Transitions from Gymnastics to Contemporary Circus Arts. <i>Journal of Clinical Sport Psychology</i> . ISSN 1932-9261
Creators	van Rens, Fleur E.C.A. and Filho, Edson

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

For information about Research at UCLan please go to <http://www.uclan.ac.uk/research/>

All outputs in CLoK are protected by Intellectual Property Rights law, including Copyright law. Copyright, IPR and Moral Rights for the works on this site are retained by the individual authors and/or other copyright owners. Terms and conditions for use of this material are defined in the <http://clock.uclan.ac.uk/policies/>

Appendix

Interview guide

Introduction:

- Introduce study background
- Introduce interviewers' background (gymnastics/circus/psychology)
- Opportunity for interviewee to ask questions
- Consent to participate in research project and audio record the interview

Interview questions:

- How did you get involved in your sport?
- How did that evolve to becoming a high level athlete in your sport?
- How would you describe your life as an athlete? Prompt: What was a day like? What were the training/competition demands?
- Which aspects of life as an athlete did you enjoy most?
- Which aspects of life as an athlete were most challenging/did you not enjoy?
- What inspired you to become a circus artist?
- How did you make the transition to circus happen? Prompts: What was it like? What did you need to do? Who helped you achieve this?
- How would you describe your first day at the circus? Prompts: How did you feel? What were your first impressions? How did you meet others? Which disciplines did you do? What did you think of these disciplines?
- What do you remember of your first circus performance? Prompts: What did you do? How did you feel?
- What did it take to integrate into the circus? Prompt: Did you notice similarities/differences compared to sport?
- How would you describe your life as a circus performer (now/retrospectively)? Prompts: What is a day like? What are the training/performance demands?
- How does performing compare to competing?
- In your opinion, what makes a good circus artist?
- Which aspects of life as a circus performer were/are most challenging/ do you enjoy least?
- How did you cope with these challenges?
- How do you balance your life outside of circus (i.e., family, friends, education, other interests)?
- Which aspects of life as a circus performer did/do you enjoy most?
- What would you like to achieve in the future?
- Is there anything else you think I should know?

Closing:

- Thank you, brief reflection, opportunity for interviewee to ask questions

**Note:* This list of questions served as a semi-structured guide only. A holistic, client-centred approach was used to connect with the participants, meaning that paraphrasing and reflecting techniques were used to personalise questions to the participants' experiences (see Andersen & Ivarsson, 2015).