



## Article

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

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## 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).