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).