

## Transcript

### The athlete's journey: transitions through sport - Trailer

#### ALEX DANSON:

Hi, I'm Alex Danson, and I've had the enormous pleasure of playing hockey from grassroots level all the way up to really what was the most fabulous Olympic games in 2016 when we brought home an Olympic gold medal. As an elite athlete, my whole life has been about being the best I can be within my sport, which has led to a really strong athletic identity.

But now I'm moving away from competitive sports. But I feel really happy that I put some fabulous interventions in throughout my career that will help me with that transition. So whether you are a coach at any level or an athlete or a support member in another way, maybe a parent or a mentor, this course can give you some fabulous content that may really help that athlete that you know, or that you are, move onto the next part of their life.

Throughout my career, I have been through so many transitions. And when I looked at them, they appeared terribly daunting, perhaps. But it's how you look at them. And every one that I have experienced, I've come out with new skills, with a new sense of energy, and with a wonderful new prospect ahead of me. I wish you all the very best.