





Personal Information Who are you?	1		
120 characters – be creative		2	Summary/About Describe yourself, your journey and your ambitions
Key words linked to your identity			Explain your current roles as a dual career athlete
Put a face to the name			Using action verbs, describe your skills, abilities and accomplishments Key words regarding your ambitions are essential to increase your visibility
E.g.: Marketing Exec with BBS &MSc Marketing, UNICEF ambassador, Irish Rowing Olympian transitioning from professional sport			
Education	3		
Link your education institutes		4	Experience
List your modules and research projects			Link your current employer and previous employer
List technical skills gained and experience using specialist equipment if applicable			Bullet point your duties using strong action verbs and show results
Display results			A Professional Athlete: performs, commits, communicates, succeeds, sets goals, represents, plans, motivates, prioritizes, delagates, examines, directs, etc.
Accomplishments	5		
State and explain academic accomplishments (e.g. awards, acknowledgements of grades		6	Skills Essential to show your transversal skills
State and explain sporting accomplishments individual and team			Take the LinkedIn skills assessment to help identify your skill
Include the year and media (e.g. photo, video, youtube clips			List your key skills as a dual career athlete
(e.g. prioto, video, youtabe onps			Endorsements - request colleagues, employers, coaches etc to acknowledge your skills
Language			

Use strong action verbs throughout
Less formal than your CV, use personal pronouns
Display your skills throughout

