



Dear athlete,

**This form serves as an information for both you and your counsellor. Please take time to read and fill in the document. Your provided data will facilitate the first meeting and, thus, contribute to your goal achievement.**

## WHAT IS COUNSELLING?

Counselling is a temporary professional process. This process is organized in the form of 1:1-talks between you and a counsellor who aims to help you decide for, plan and/or execute your individual dual career project.



**Counselling is voluntary.** The counselling process takes place based on your free wish. You are authorized to end the process anytime if you want.



**Counselling is confidential.** Your counsellor will not share any information given by you in your common talks with a third party unless agreed on otherwise.



**Counselling is collaborative.** Counselling is team work. Both you and your counsellor must commit to the process. Between the sessions, you will possibly be given little home tasks. The progress of your process depends on you completing these tasks before the next session.



**Counselling is binding.** The scheduled meetings are important. In case you are not able to make an appointment, please let your counsellor know at least 24 hours before the session via telephone (fill in number) or email (fill in email address).

## DATA PROTECTION

For internal management purposes, some initial information is required from you. Please thoroughly fill in the pages 2-3. You can be certain that any personal information is stored safely based on the General Data Protection Regulation (EU) 2016/679 (GDPR).

## QUESTIONS?

If you agree to the terms and conditions mentioned above, please sign the athlete intake. Your counsellor will as well sign the document in the first meeting. In case you have further questions upfront, please record them and take them to your first meeting. Your counsellor will be happy to clear any questions *before* the form is signed.

-----

Place, Date

-----

Athlete

-----

Counsellor





## PERSONAL

<b>First name:</b>	<b>Gender:</b>	Male	Female	Other
<b>Surname:</b>	<b>Date of birth:</b>			
<b>Street, post code:</b>	<b>City:</b>			
<b>Telephone:</b>	<b>Email:</b>			
<b>Best reached via:</b>	WhatsApp/SMS	Phone call	Skype/Facetime/Viber	Email Other

## SPORTING CAREER

<b>Sport:</b>	<b>Elite status:</b>	Yes	No	I am not sure
<b>Name of federation, club:</b>				
<b>Competition level:</b>	Regional International	National	<b>National team member:</b>	Yes No
<b>Training frequency:</b>	..... times/week	<b>Primary training times:</b>	Morning Afternoon	Noon
<b>Main competition times:</b>	Spring Autumn	Summer Winter Whole year	<b>Travel time residence to training:</b>	Up to 30 min More than 1 hour
<b>Biggest athletic successes:</b>				

## EDUCATIONAL CAREER

### School, university

Institution	Level	Period	Completed	
			Yes	No
			Yes	No
			Yes	No

### Other courses

Institution	Level	Period	Completed	
			Yes	No
			Yes	No
			Yes	No



**SKILLS & HOBBIES**

Mother tongue:  
.....

Microsoft  
Apple  
Office applications  
Graphical applications  
Internet applications  
Video/audio editing

**Language skills:**

Other language  
.....

**IT Skills:**

Other:  
.....

Other language  
.....

Other:  
.....

Other language  
.....

---

**Surname:**

---

**Street, post code:**

---

