



# Facilitating dual career badminton players' life skills through education of their entourage



## - Project Overview -

The project had two objectives:

- Understand the knowledge and use of life skills of adolescent badminton players and their entourage within a badminton setting.
- Develop and evaluate an online educational program aimed at enhancing entourage members' knowledge of, and ability to promote, dual career badminton players' life skills development.



*Phase 1 data collection - interviews and focus groups with players and their support network members*

*Phase 1 results - players implicitly learnt life skills during badminton, particularly from traveling for tournaments. However players and entourage described a lack of explicitly taught life skills.*



*Phase 2 - online bespoke badminton educational programme for entourage members concerning life skills*



*Phase 3 - interviews concerning process and outcome evaluation of the programme*

*Phase 3 results - entourage members suggested that taking part in the programme enhanced and refreshed their knowledge concerning life skills; increased coach reflections and intentions to explicitly use life skills in their practice.*