

Transitions: Endings and Beginnings in Sport and Life

Abstract: Participants in this experiential workshop will have the opportunity to explore past, present, and future transitions in their experience as an athlete, or in their lives outside of sport. After an introduction in which the transition process is discussed, workshop members will have the chance to reflect on life changes they have previously experienced, are currently involved with, or anticipate in the future, and to examine the significant endings and beginnings involved in those transitions. The presenter will facilitate this exploration using guided imagery, recollections, and observations, feelings, and attitudes about these experiences. Participants will be invited to describe their transitions in terms of the challenges presented, the outcomes, and thoughts and feelings before, during, and after the changes. Discussion and questions will be encouraged throughout the workshop.

Transitions in Sport and Life – traditional view

- Ending” - ask for personal examples (retirement, injury, graduation, divorce, etc.)
- Implied “loss”- of something valued and important.
- Often not by one’s own choice.
- Usually refers to an external situation.

This workshop takes a broader view of transitions- change with endings and beginnings.

- Every ending is also a beginning; and every beginning is also an ending- (graduation = “commencement”)
- Either can precede the other; experience can be positive as well as negative.
- Both are anticipated, experienced and reflected upon to varying degrees.
- Transitions may occur internally as well as externally- examples (wants/feelings)

Start with endings- leaving, finishing, separating, completing, closing, letting go.

- T. S. Eliot - “At the end of all our exploring, we will arrive where we began, and know this place for the first time.” Discuss.
- Endings present their own challenges/opportunities. Discuss.
- Because endings are also beginnings, they create other beginnings.

Continue with beginnings- starting, entering, initiating, opening, originating, or joining.

- H. Hesse- “In all beginnings dwells a magic force for guarding us and teaching us to live.” Discuss.
- Beginnings present their own challenges/opportunities. Discuss.

Experiential

Think of a transition you had in the past-

Was it primarily an ending or a beginning?

Was it your choice? If so, what motivated you?

If not, what was your reaction?

What helped you make the transition?

What made it difficult for you?

Think of a transition you will be facing in the future- (If there are none, imagine one).

What do you anticipate?

Is it primarily an ending or a beginning?

Are you looking forward to it?

Are you uneasy about it?
What will help you make it?
What will make it difficult for you?

Conclude with a present transition-
What transition are you currently in?
What change is occurring in your present situation?
What endings and beginnings already exist?
If no external situation applies, look internally, and ask the questions.
If no internal transition exists, what is your reaction to that?