Goals for success: Moving on a double path for dual career

“A sound mind in a sound body”
Thales of Miletus

A dual career for athletes means participation in elite sport and education at the same time with the aim of performing well on the labor market and/or in civilian life after retirement from sport (Kozsla at. al., 2014). Study and/or elite sport? Which one is more important? Does the athlete have to choose one or another? How is it possible to achieve excellence in the field and also in the classroom at the same time?

I have personal experience of a dual career as an athlete and a student. The road is filled with challenges, as is everything else in life, however it is possible to achieve greatness on both fields. I would like to invite you for a discourse where I can share my personal knowledge and skills about this issue.

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