

FINDING THE GAPS

Resource Catalogue



PCA



INTRODUCTION

The PCA has launched a brand new online learning resource, 'Finding The Gaps', an education tool to support your development. The resource forms part of the PCA's Personal Development and Welfare Programme that is in place to support all current and former players.

The catalogue will collate all our recommendations which focus on the four pillars of the programme through engaging content including videos, Q&As, activities and podcasts. Every two weeks there will be updated suggestions, tips and advice to support members based on the four key areas: Career Development, Welfare & Wellbeing, Change & Transition and Professional Behaviours.

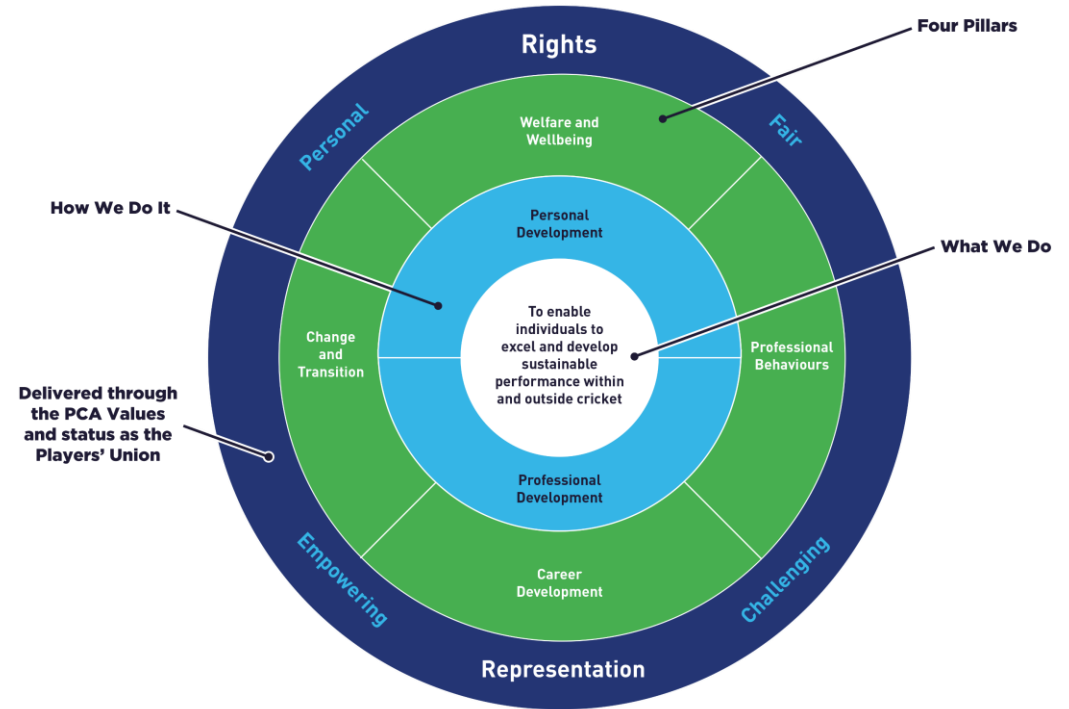
PDWP

The Personal Development & Welfare Programme is a multi-faceted programme which aims to enable individuals to excel and develop sustainable performances within and outside of cricket.

Through a personalised support service delivered by our team of Personal Development Managers, the PDWP aims to be a player-centred programme that recognises that cricket is likely to be the main focus in a player's life whilst they are players but that playing cricket is a relatively short part of a cricketer's working life.

Therefore this programme supports players through key transitions in their lives, facilitates learning and personal development, and helps players to maximise their potential as cricketers, and prepare for life after cricket.

The Personal Development & Welfare Programme



The Four Pillars

Welfare and Wellbeing	Professional Behaviours	Career Development	Change and Transition
Supporting individual(s) welfare and wellbeing through promotion, prevention and intervention strategies.	Challenging individuals to align habits, choices and behaviours with the expectations, standards and reputation of the game and beyond.	Empowering individuals to explore, develop and maximise life long learning and career development.	Equipping individuals to navigate changes and transitions within and outside of cricket.
One to One Coaching and Mentoring			
<ul style="list-style-type: none"> Education programmes & campaigns Specialist referral pathways (finance, health and legal) Professional Cricketers' Trust 	<ul style="list-style-type: none"> Education Policy Interventions Right and representations 	<ul style="list-style-type: none"> Personal development planning Education support and funding Work experience and job readiness 	<ul style="list-style-type: none"> Events and conferences Education workshops and literature Professional Cricketers' Trust PCA alumni and referral network

CONTENTS

Pg. 5	Career Guidance
Pg. 6 to 9	Podcasts
Pg. 10 to 13	Recommended Reading
Pg. 14	Online Short Courses
Pg. 15	Wellbeing & Welfare
Pg. 16	Wellbeing Tips
Pg. 17	Mindfulness



CAREER GUIDANCE



Future Careers Manual

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The definitive guide for professional cricketers seeking new career direction or development of a dual career.

To keep a track of your PDWP related work we have created the 'Future Careers Manual', a definitive guide to help you with your process. It is a guide that:

1. Supports you during your cricket career to develop your self-awareness and personal skill set to better equip you to manage the challenges of the elite performance environment.
2. Provide a framework, tools and resources to enable you to learn about the career exploration and development process, and guide what action you need to take to support a successful career transition.

Your electronic copy can be accessed via your PCA account or from your PDM.



PODCASTS

Podcasts are growing medium that, on the most part, are free audio shows that can be streamed or downloaded. No matter what you are interested or intrigued by there is a podcast for you. Search for them on Spotify, Apple Podcasts, BBC Sounds and many other providers. Podcasts below are recommended by your PDM team and PCA members.

Must Listen Episodes

If you don't fancy trawling through complete podcast series, try these specific episodes on a range of topics to get you started.

Undr The Cosh – John Ostembor

Former Liverpool player Otsemobor opens up about the realities of his transition out of the game, missing the Champions League final and getting shot in a Merseyside bar.

Yoga, Vulnerability & Vikings, Raising Your Game

Former Sussex player turned yogi and podcast host Lewis Hatchett is joined by NFL running back Ameer Abdullah to discuss how meditation, yoga and mindset helps him stay mentally and physically fit.

The Secret to a Long & Happy Life, Feel Better Live More

Dan Buettner is a leading researcher into the 'Blue Zones', five areas in the world where the average life expectancy tops 100. In this pod he explains the core functions of their societies that can support you, here and now.

Chris Wood joins Tony Adams (Sporting Chance)

Hampshire bowler & PCA Rep Chris Wood bares all in this honest, emotional and powerful pod on his challenges with gambling addiction.

Fake it to Make It Journey with Jeetan Patel, Follow Through with LVB

In this episode Jeetan Patel (NZ and Warwickshire) opens up about the highs and lows of his professional and international career, his transition in and out of the game and being part of something that is more than just winning. A great listen that many players will identify with.

Dylan Hartley on The High Performance Podcast

Dylan Hartley won 97 caps for England, the most by any hooker, and as the England captain he had an incredible 85% win record. He led his country to two Six Nations titles. His career was not without controversy, with the hooker racking up almost two years' worth of bans for foul play.



PODCASTS



Cricket

The Grade Cricketer

Although mostly focused on Australian cricket, the weekly podcast hosts global cricketers for Q&As as well as a discussion on the wider game.

Tailenders

Jimmy Anderson is joined by Greg James & Felix White to look at an alternative and somewhat musical look at cricket.

No Balls – The Cricket Podcast

Alex Hartley & Kate Cross explore cricket from a female perspective.

The Shackles Are Off

The Barmy Army, and resident quiz show host Jack Brooks discuss up to date happenings in cricket through the lens of the fan.

Sport

That Peter Crouch Podcast

Peter Crouch explores his personal experiences of professional football in a laid back, humorous style.

Undr The Cosh

Former professional footballers Jon Parkin and Chris Brown host weekly guests to talk about their footballing stories. Full of old school laughs, the pod shines a light on some tougher experiences pro footballers have faced.

ESPN 30 for 30

A must listen for those who are interested in unbelievable stories that have happened in various sports.



PODCASTS

Coaching & Performance

The Talent Equation

A podcast for coaches who are dedicated to improving their coaching and developing their skills to support athlete performance.

The Sport Psych Show with Dan Abrahams

Dan Abrahams is a leading sport psychologist who hosts people from all fields to simplify sport psychology and make it accessible for all.

The Cricket Mentoring Podcast

Cricket Mentoring take their love for coaching online with regular hosts from the professional game exploring coaching at all levels.

The High Performance Podcast with Jake Humphrey & Damian Hughes

An intimate glimpse into the lives of high-achieving, successful individuals from different backgrounds including sport, business, music and entertainment.



Mental Health & Wellbeing

Opening Up Cricket

Focusing on mental health and suicide prevention in cricket, Mark Boyns welcomes guests from professional cricket and the wider sporting sector to explore promotion, prevention and therapy strategies.

Feel Better, Live More

Dr Rangan Chatterjee is joined by leading health & wellbeing experts to find simpler, effective ways we can live healthier, longer and more fulfilled lives.

Happy Place

Fearne Cotton takes a look at all the different ways we can maximise our wellbeing.

Sporting Chance

PCA partner Sporting Chance deliver raw and honest stories of professional athletes who have tackled their addictive behaviours.



PODCASTS



Personal Development

PCA Transition Podcast

First hand accounts of professional cricketers and their journey out of cricket.

Career Tools

Explore specific actions you can take to grow and enhance your career.

Follow Through with Logan Van Beek

PCA member and former Derbyshire player Logan van Beek is on a mission to help people find a direction to walk towards and has started a podcast to have deep conversations about their journey.

Property



Ask Rob & Rob, Property Hub

Downloaded over 180,000 times a month, Rob & Rob discuss the latest property news and share their knowledge on a different property topic every week.

Inside Property Investing

Weekly podcast features interviews and behind the scenes insights from active UK property investors and service providers.

Finance

Meaningful Money Series

Pete Matthew discusses and explains all aspects of your personal finances in simple, everyday language.

The Economist

Keeping you up-to-date with the ever changing economical landscape. A good listen for those with eyes to the financial services.



RECOMMENDED READING

A good book or magazine can be a great way to break up the day, inspire you or get you started on a new passion or journey. Whilst COVID 19 is providing us all with a little extra time, getting stuck in to some new reading can be a great way to positively use it. Below are a few ideas to get you started.

Cricket



Back from the Edge, Luke Sutton

Luke Sutton's first hand account of his experiences of the highs and lows of cricket and his experiences with addiction.

On Form, Mike Brearley

Former England captain looks through his cricketing and psychoanalyst lenses to explore form. Ideas that will help on and off the pitch.

Sport



Athletes Voice

Articles written by Australian athletes from across the sporting spectrum. Everything from performance, mental health, family life, personal development and much more, <https://www.athletesvoice.com.au/>

Players Tribune

Athletes from the USA explore topics of interest in first hand written articles. A great selection of articles for those who enjoy Stateside sports! <https://www.theplayerstribune.com/en-us>

Leadership

The 100X Leader,
*Jeremie Kubicek &
Steve Cockram*

Different approaches to leading others, getting them to follow you and helping them get the most out of themselves.



RECOMMENDED READING

Coaching & Performance

Gold Dust: How to become a more effective coach quickly, *David & Keith Mayer*

A deep delve into the important of building connections in the sporting environment and how coaches can maximise their practice, approach and relationships to improve athlete performance.

The Gold Mine Effect, *Rasmus Ankersen*

Using his first hand research and experiences, Ankersen explains how teams, organisations and individuals can create high performance environments.

The Talent Code, *Daniel Coyle*

An exploration of research that looks into how talent, rather than being something fixed at birth, can be created, nurtured and developed

Games Sense: Pedagogy for Performance, Participation & Enjoyment, *Richard Light*

An exciting and innovative approach to coaching and physical education that places the game and play at the heart of the learning session.

The Talent Equation

An online resource consisting of blogs, vlogs, podcasts and much more to support coaches deliver engaging, up to date practice.

<http://www.thetalentequation.co.uk/>

The One Thing, *Garry Keller & Jay Papasan*

Behind every successful person is their ONE Thing. No matter how success is measured, personal or professional, only the ability to dismiss distractions and concentrate on your ONE Thing stands between you and your goals.

Psychological Safety in High Performance Teams

Research has shown that a key feature of high performing teams is the ability to make members feel psychologically safe through reducing punishment for mistakes. This article explores this in more detail with strategies to effectively deliver psychological safety.

<https://hbr.org/amp/2017/08/high-performing-teams-need-psychological-safety-heres-how-to-create-it>



RECOMMENDED READING



Mental Health, Wellbeing & Mindset

Rebel Ideas, *Matthew Syed*

Examining the power of 'cognitive diversity', this book explores how people can look at the world differently to come up with new approaches and ideas

Mindset, *Carol Dweck*

This book looks at a Growth Mindset can unlock potential through some techniques and strategies that will apply to cricket and off the pitch.

Nudge: Improving Decisions About Health, Wealth and Happiness, *Richard Thaler*

Drawing on psychology and behavioural economics, the book looks at ways we can make small changes to our actions and behaviours to create long term, lasting change

Pig Wrestling, *Pete Lindsay & Mark Bawden*

A creative approach to problem solving written in the style of a fable to ensure you don't forget the key tips.

Ikigai: The Japanese Secret to a Long & Happy Life, *Hector Garcia & Francesc Miralles*

One of the key challenges many players face when thinking about their career after cricket is knowing what they want to do. Ikigai can be a great starting point, using the Japanese approach to finding purpose and reason this book will provide some life-changing tools to help you make the most out of your next step.

Gratitude Journaling

Gratitude journaling has been identified as an effective method to promote wellbeing with emotional, social, personality, career and health benefits. Like anything that can have profound positive impacts, it requires practice and this article provides some key ideas how to go about it.

<https://positivepsychology.com/gratitude-journal/>

How being realistic can be key to your wellbeing

Are you someone who thinks they are going to get 100 every time you go out to bat? Or someone who thinks now cricket has started it's going to rain every day? New research has shown that being somewhere in the middle, a realist, is key to maximising your wellbeing and finding a life of contentment.

<https://www.bbc.com/worklife/article/20200722-how-being-realistic-can-be-key-to-your-wellbeing>

The Antidote, *Oliver Burkeman*

Explores different strategies to reach happiness without having to be an eternal optimist.

RECOMMENDED READING

Career Development & Transition

Want to get – and stay- employed through 2030? 10 jobs to consider

For some, the difficulty of knowing what they might want to do after their cricket career has finished can be daunting and can be a barrier to career planning. With an ever changing job market and many uncertainties ahead due to COVID, this article might help get the planning started with some potential in-demand jobs.

<https://ideas.ted.com/want-to-get-and-stay-employed-through-2030-10-jobs-to-consider/>

8 online courses to supercharge your career

Global Sports Jobs is a great website to find jobs in the sport industry. This article looks at some online courses you can take to support your career development and prepare you for the transition out of the game.

<https://intelligence.globalsportsjobs.com/8-free-online-courses-to-supercharge-your-career-development>

7 Factors Transitioning Athletes Face

Goldie Sayers, three time Olympian, joins VSI for a webinar to discuss the key factors that athletes face when leaving their sport. With so much change happening in the working world and uncertainty on the financial health of professional sport, this information is more important than ever.

<https://www.youtube.com/watch?v=Q0ZBbVJ64wM&feature=youtu.be>

Property



How to be a Landlord: The Definitive Guide to Letting & Managing Your Rental Property, *Rob Dix*

A clear, step-by-step process outlining how to become an effective landlord. Containing useful advice that covers legalities and practical ideas, this book is a great starting point for those looking to find out where to start on their property journey.

Housebuilders Bible, *Mark Brinkley*

Explains everything you need to know about managing a build, buying and using materials, finding and employing the right people - and doing it all without the pitfalls.



ONLINE COURSES

The world of education has never been more accessible and varied. From introductory one hour courses through to degrees there are options for everyone, whether you are dipping your toe into something new or looking to get qualified for industry accepted qualifications. Listed below are some starting points, especially for short, small hour courses. (Note some of these are only available for a short time).

General Sites

- ✓ [PPF guide to free courses](#)
- ✓ [Udemy have over 100,000 video courses](#)
- ✓ [Open Learn](#)
- ✓ [Future Learn](#)
- ✓ [Alison Learning](#)
- ✓ [The Training Room – Courses include Personal Training, IT and Teaching Assistant](#)
- ✓ [Dale Carnegie – a number of online courses](#)
- ✓ [Coursera](#)

Finance

- ✓ [ZISHI Online Trading Experience](#)
- ✓ [Diploma in Regulated Financial Planning \(CII\)](#)

Language

- ✓ [DuoLingo \(App\)](#)

Wellbeing

- ✓ [Yale University online course entitled: The Science of Well Being](#)
- ✓ [The Science of Happiness](#)
- ✓ [Mental Health First Aid](#)
- ✓ [UK Coaching: Mental Health Awareness for Sport and Physical Activity](#)

Art

- ✓ [Museum of Modern Art](#)



WELLBEING & WELFARE



2020 has seen changes to our way of life that very few would have predicted, including drastic impacts to the cricketing schedule. With that, the uncertainty around the future can make us feel stressed and anxious which can lead to challenges to our mental health and wellbeing. The PCA confidential helpline is there for you no matter what and is available 24/7.

Free Confidential Helpline

Support for all PCA members
is only one call away, 24 hours a day...

 **07780 008877**



PCA

Professional
Cricketers'
Trust 



PCA

WELLBEING TIPS



1. **Be kind to yourself.** How we deal with uncertainty varies, so don't beat yourself up if your tolerance for unpredictability is lower than a friend's. Remind yourself that it might take time for the stressful situation to resolve, and be patient with yourself in the meantime.
2. **Reflect on past successes.** Chances are you've overcome stressful events in the past – and you survived! Give yourself credit. Reflect on what you did during that event that was helpful, and what you might like to do differently this time.
3. **Develop new skills.** When life is relatively calm, make a point to try things outside your comfort zone. Taking risks helps you develop confidence and skills that come in handy when life veers off course.
4. **Limit exposure to news.** When we're stressed about something, it can be hard to look away. Try to limit your check-ins and avoid the news during vulnerable times of day, such as right before bedtime.
5. **Avoid dwelling on things you can't control.** When uncertainty strikes, many people immediately imagine worst-case scenarios. Get out of the habit of ruminating on negative events.
6. **Take your own advice.** Ask yourself: If a friend came to me with this worry, what would I tell them? Imagining your situation from the outside can often provide perspective and fresh ideas.
7. **Engage in self-care.** Don't let stress derail your healthy routines. Make efforts to eat well, exercise and get enough sleep. Many people find stress release in practices such as yoga and meditation.
8. **Seek support from those you trust.** Many people isolate themselves when they're stressed or worried. But social support is important, so reach out to family and friends.
9. **Control what you can.** Focus on the things that are within your control, even if it's as simple as weekly meal planning or laying out your clothes the night before a stressful day. Establish routines to give your days and weeks some comforting structure.
10. **Ask for help.** If you're having trouble managing stress and coping with uncertainty on your own, ask for help. Confide in a loved one, a close friend or seek support from professional services such as the PCA Confidential helpline (07780008877).

MINDFULNESS



Thrive

A clinically effective mental wellbeing app designed for PCA members including a CBT programme, breathing techniques, meditation and wellbeing tracker.

Download the Thrive: Mental Wellbeing app at Apple or Play Store and get your registration code from your PDM.



Smiling Mind

A free app providing daily mindfulness and meditation exercises, developed by psychologists and educators to help bring balance to your life.



Calm

Annual subscription app that provides mindfulness, meditation, sleep stories and relaxing music. Exercises available for various states of mind.



HEADSPACE®

Headspace

A range of meditation based exercises to help calm your mind. App also includes stress relief workouts, sleep techniques and inspiring stories.