

# ATHLETE LIFE



The **Athlete Life** team carries out SSI's mission to develop carded athletes holistically in key areas of **education, career, life-skills** so that they can be our Team Singapore Athlete Ambassadors who can inspire through the power of sports. Our mandate focuses on helping athletes strive towards the pinnacle of sporting excellence whilst preparing for a successful transition into life after sports.

The Athlete Life team comprises of **spexBusiness** and **spexEducation**.



**spexBusiness** is the primary vehicle for SSI to engage Corporate Singapore to support Team Singapore athletes through flexible work arrangement, allowing them to cope effectively with the dual demands of sports and career.



**spexEducation** looks at implementing a comprehensive athlete support system to help student-athletes achieve their sport without comprising on their academic aspirations.

## 3 KEY AREAS OF SUPPORT FOR ATHLETES:

Career	Athlete Life Coaching	Entrepreneurship
<p>Team Singapore athletes can gain access to a network of 57 <b>spexBusiness</b> companies across various industries that offer job opportunities and workplace flexibility to them, allowing them to continue with their sports training and gain working experience at the same time.</p> <p>Types of opportunities:</p> <ul style="list-style-type: none"><li>• Internship</li><li>• Part-time</li><li>• Contract</li><li>• Full-time</li></ul>	<p>Team Singapore athletes can get access to athlete life coaching from the team.</p> <p>Athlete Life Coaching guides athletes on making decisions on major milestones as athletes continue to progress and develop their best potential in sport.</p> <p>Athletes are guided to:</p> <ul style="list-style-type: none"><li>• hone time-management skills</li><li>• Understand and proactively prepare for transitions</li></ul>	<p>Team Singapore athletes can get a head start in setting up their businesses and embarking on a learning journey in entrepreneurship.</p> <p>Through our collaboration with Action Community for Entrepreneurship (ACE), we empower athletes and nurture their <b>entrepreneurship</b> spirit through:</p> <ul style="list-style-type: none"><li>• Mentorship</li><li>• Access to resources</li><li>• Connections with entrepreneur networks</li></ul>

## ATHLETES CAN CONTACT US IF THEY WOULD LIKE TO:

- Be connected with *various flexible career opportunities* (internship, part-time, contract, full-time) in athlete-friendly **spexBusiness** companies.
- Talk to the team and *plan their life, sport, education or career aspirations*.
- Be more *well-prepared for career both in and after sport*.
- Get mentorship and *guidance on setting up their first business*.

### spexBusiness

Bernard Lim 6500 5230  
([Bernard\\_di\\_lim@sport.gov.sg](mailto:Bernard_di_lim@sport.gov.sg))

Apple Tan 6500 5237  
([Apple\\_Tan@sport.gov.sg](mailto:Apple_Tan@sport.gov.sg))



### spexEducation

Beena Doshi 6500 3545  
([Beena\\_Doshi@sport.gov.sg](mailto:Beena_Doshi@sport.gov.sg))

Zulhilmi 6500 5353  
([Zulhilmi\\_Karim@sport.gov.sg](mailto:Zulhilmi_Karim@sport.gov.sg))