

A journey to sporting excellence is a journey through good environments



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Who am I?



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SEJLSPORT

Rindom melder sig klar til at jagte nyt OL-guld

17. mar. 2022, 11:25 | f t e

– I think the sailing environment in Denmark is fantastic. I still learn a lot. I feel we are a team that helps each other develop and perform.

I am simply not ready to let go of that.

OL-guldvinder Anne-Marie Rindom efter hjemkomsten fra Tokyo. Foto: Philip Davali / Ritzau Scanpix


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The holistic ecological approach

Ecological
a focus on athletes' environment that affects their development

Holistic
a view of the environment as a complex and dynamic whole that consists of multiple settings, levels, and domains

Bronfenbrenner, 1977; Henriksen et al., 2010; Henriksen & Stambulova, 2017



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The holistic ecological approach

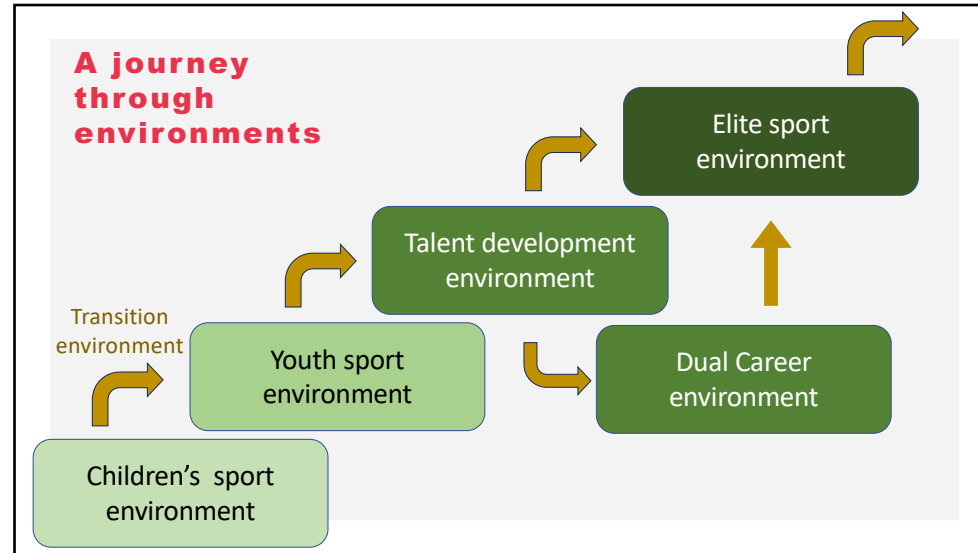
The philosophy
Athlete development as a journey through environments that support their performance, mental health, and development as athletes and as people

The aim
To stimulate practitioners, and policymakers to focus on the environment and athlete well-being in their efforts to support athlete development and performance.

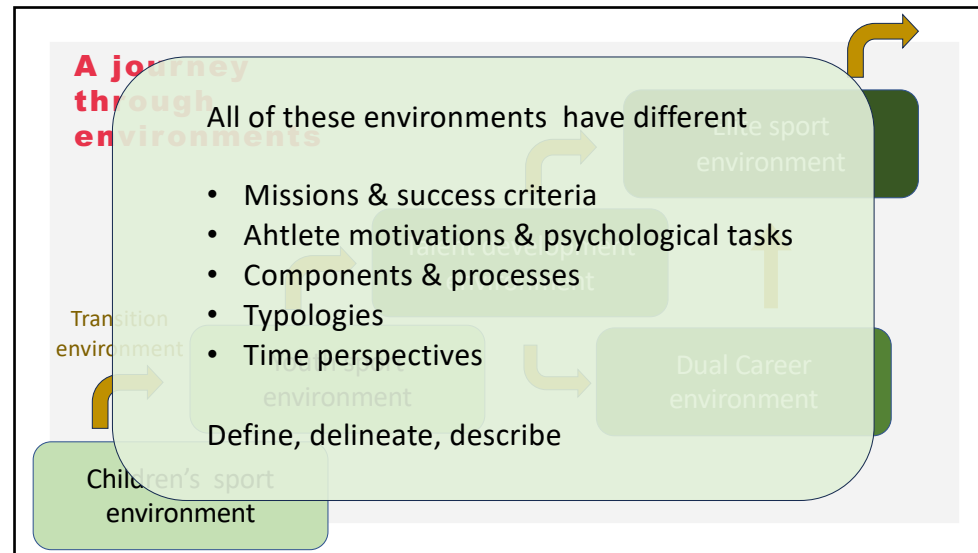
Henriksen & Stambulova, 2023



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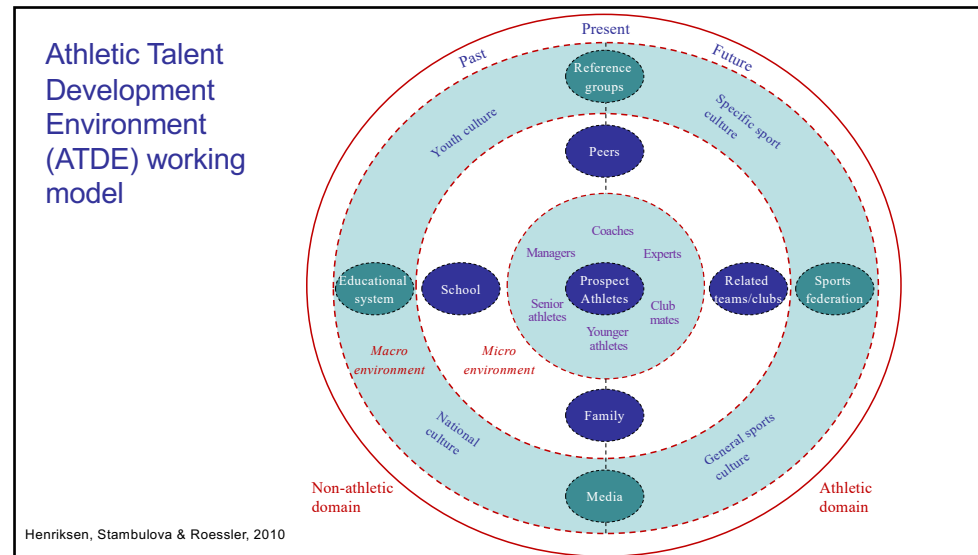


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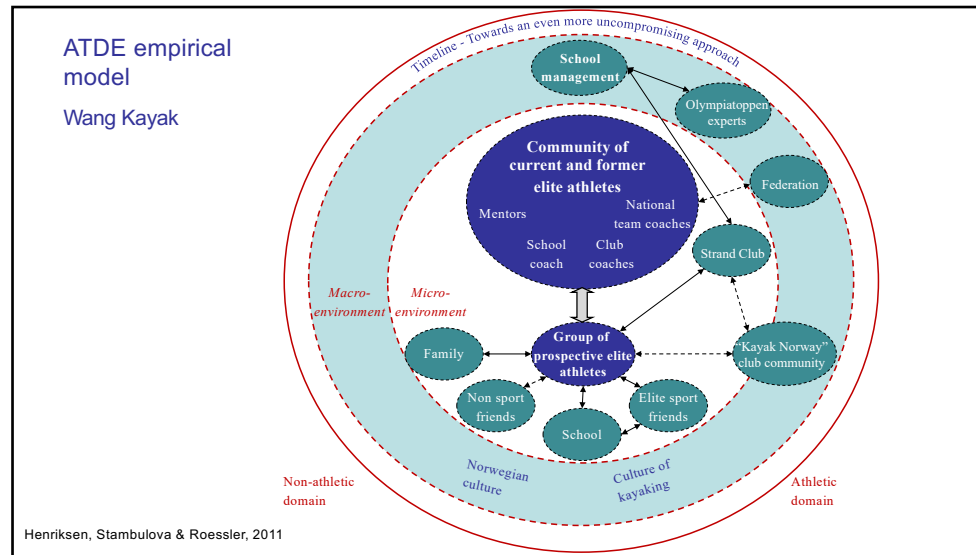
Working models

To structure data collection and presentation

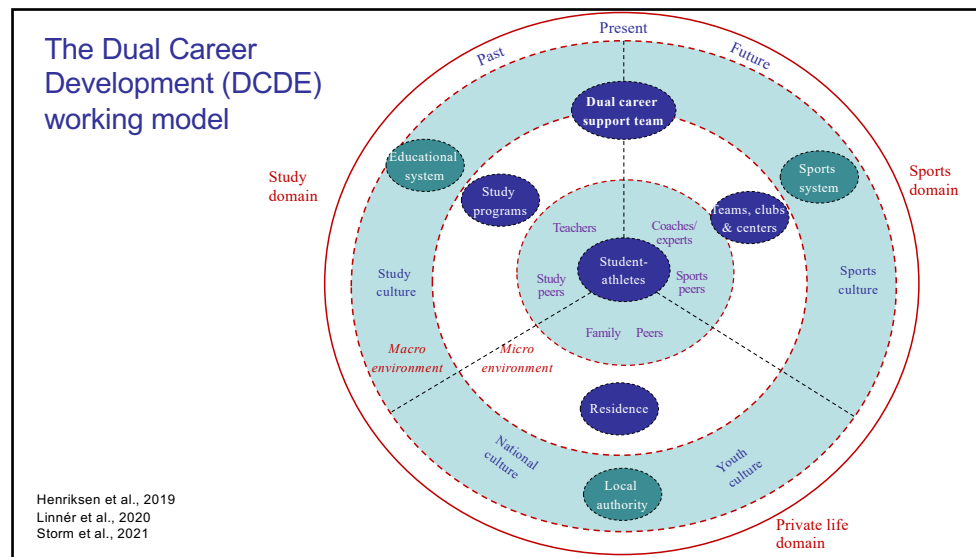
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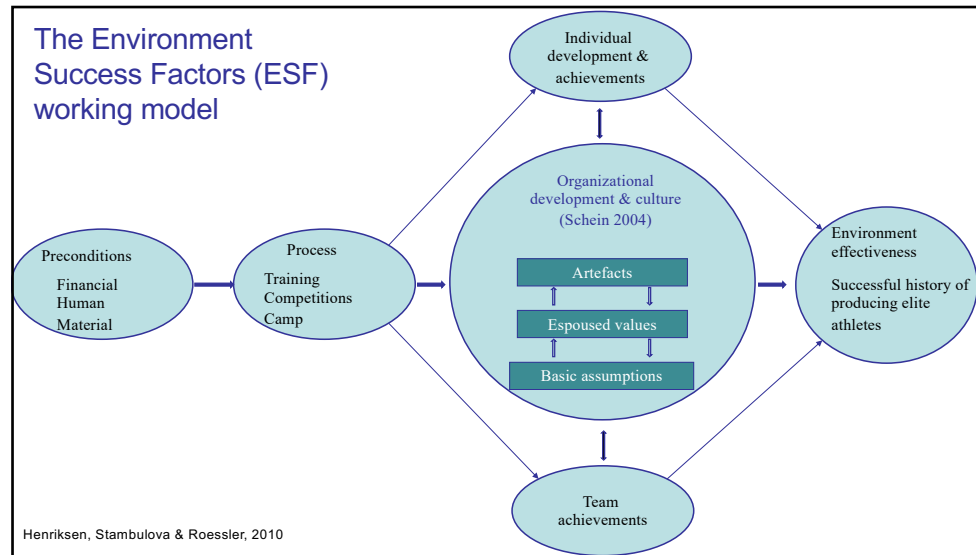
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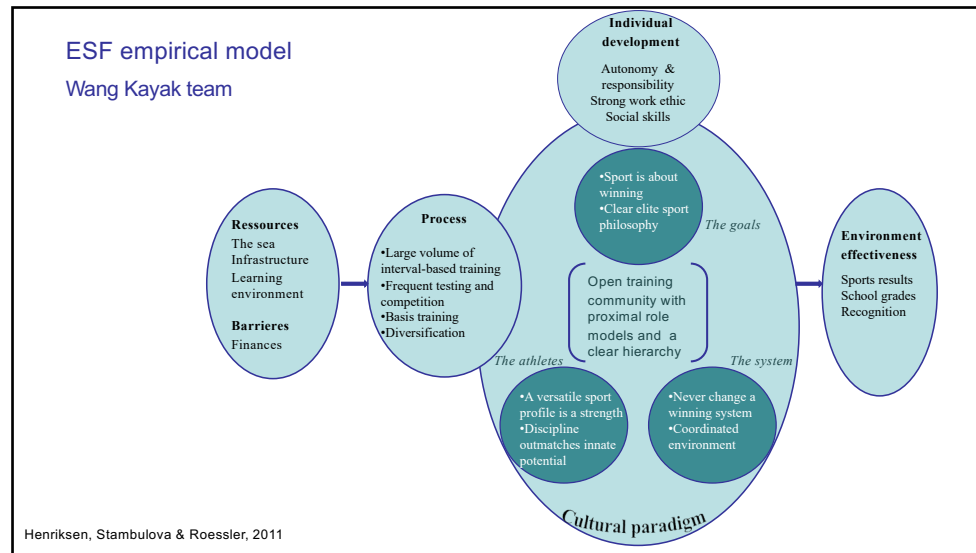
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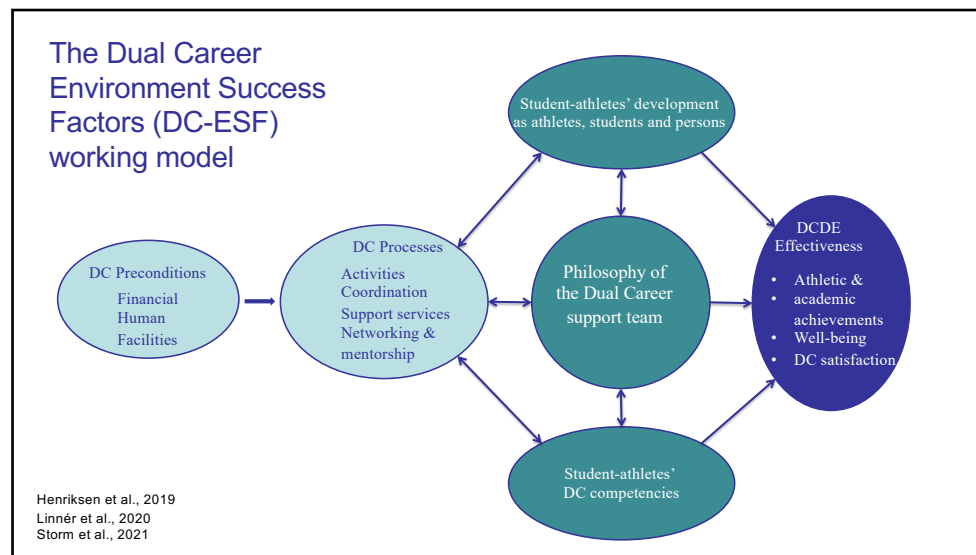
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Examples

Shifting focus from the individual athlete to their environments

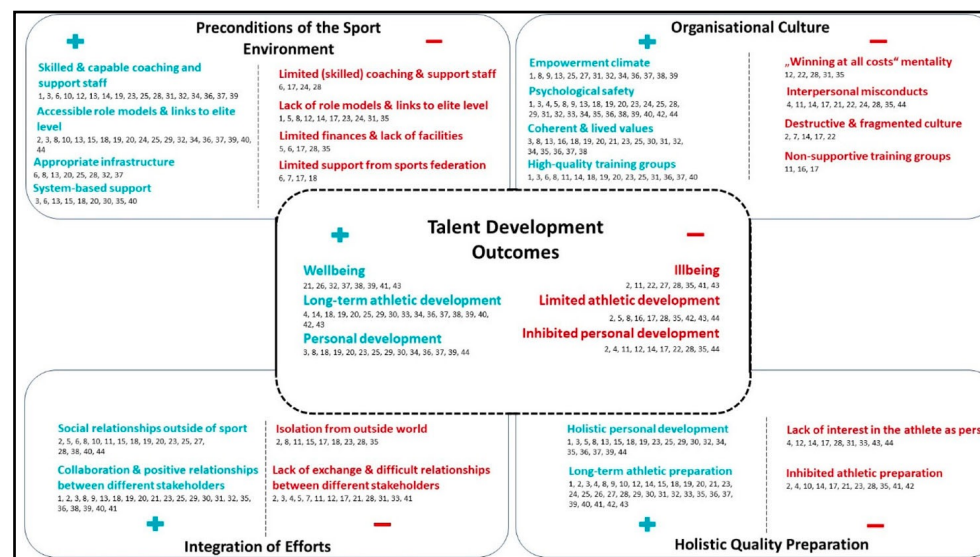
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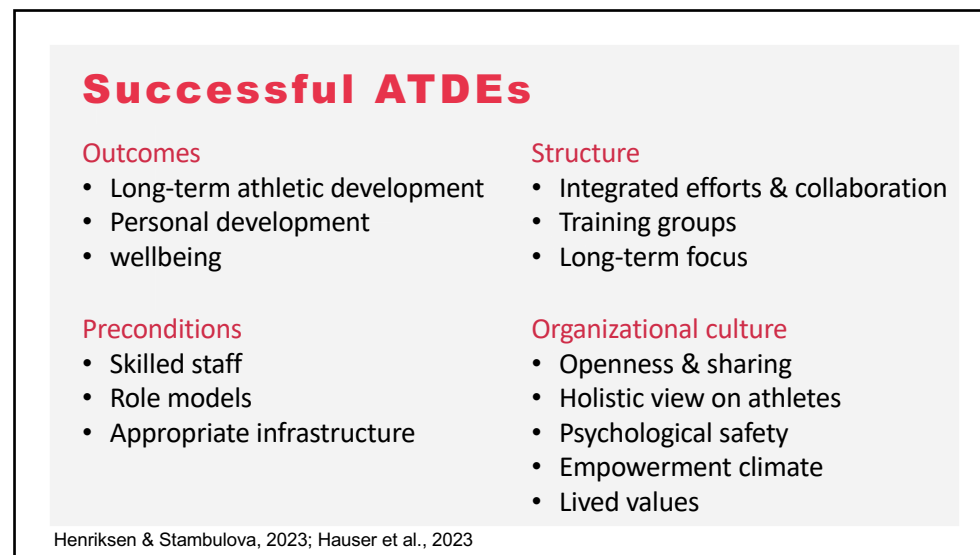
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Successful ATDEs

Are aligned

Horizontal alignment

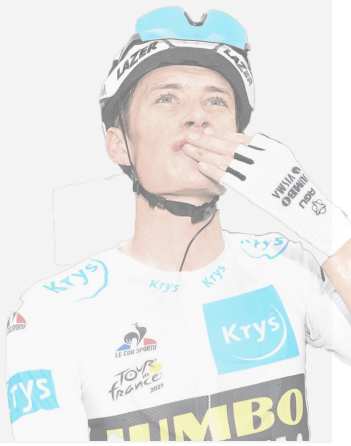
- Between arenas

Vertical alignment

- Between phases

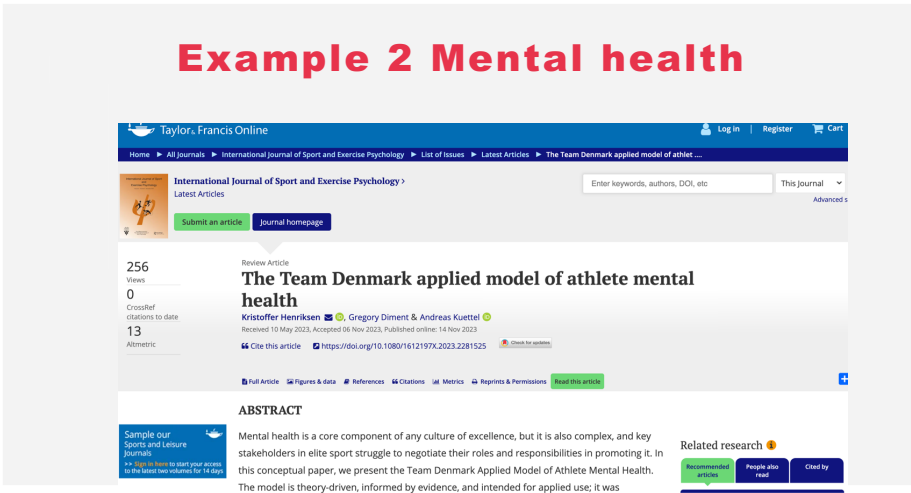
Alignment in the macro environment

- Between organizations



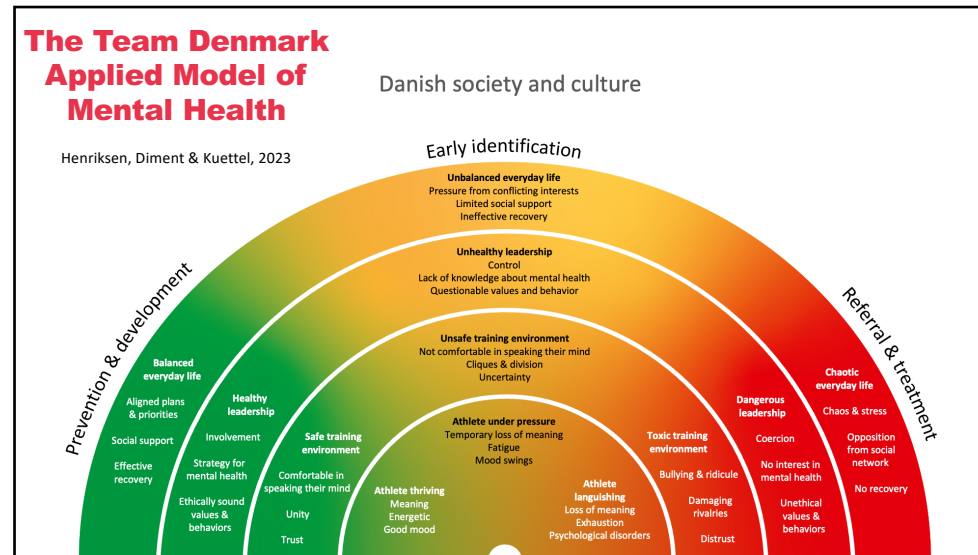
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Example 2 Mental health



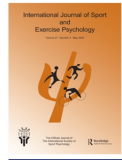
The screenshot shows the Taylor & Francis Online interface. The article title is "The Team Denmark applied model of athlete mental health" by Kristoffer Henriksen, Gregory Diment, and Andreas Kuettel. It has 256 views, 0 CrossRef citations, and 13 Altmetric mentions. The abstract states: "Mental health is a core component of any culture of excellence, but it is also complex, and key stakeholders in elite sport struggle to negotiate their roles and responsibilities in promoting it. In this conceptual paper, we present the Team Denmark Applied Model of Athlete Mental Health. The model is theory-driven, informed by evidence, and intended for applied use; it was developed heuristically through discussions in the Team Denmark sport psychology team and..."

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Example 3 Transitions



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Routledge
Taylor & Francis Group

ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/loi/rijs20>

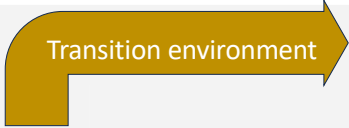
Towards an ecology of athletes' career transitions: conceptualization and working models

Kristoffer Henriksen, Natalia Stambulova, Louise Kamuk Storm & Robert Schinke

To cite this article: Kristoffer Henriksen, Natalia Stambulova, Louise Kamuk Storm & Robert Schinke (2023): Towards an ecology of athletes' career transitions: conceptualization and working models, International Journal of Sport and Exercise Psychology, DOI: [10.1080/1612197X.2023.2213105](https://doi.org/10.1080/1612197X.2023.2213105)

To link to this article: <https://doi.org/10.1080/1612197X.2023.2213105>

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Transition environment

A dynamic and temporary system that bridges the two settings an athlete is transitioning from and to

From the individual athlete's challenges and coping resources

to

Integrated supportive environments with shared philosophies and overlaps in cultural practices

Henriksen, Stambulova, Storm & Schinke, 2023

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Environments of tomorrow?

Gen Z

- Expect equal worth, autonomy, inclusivity and balance
- Meet hierarchy, control, deselection and a narrative that you must give your all



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My hope

Sport environments can teach athletes

- To be ambitious without being too self critical
- To be focused on their goals without losing touch with the present moment
- To lose a game without losing their courage
- That joy and a good life is not a barrier to a good performance

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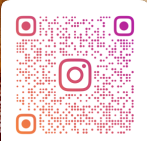
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SDU 


Thank you

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