



Erica Cenci is an athlete development specialist and professional coach who works with current and former athletes as they transition throughout the various stages of their athletic careers. Cenci was Captain of the Purdue Women's Swim & Dive Team, NCAA Division I Championships Qualifier and a Big Ten Finalist. She has an ACTP certificate in Professional Coaching for Life & Work from the University of California Davis and is an Associate Certified Coach (ACC) at the International Coach Federation (ICF).

Athletic Identity (DEFINED)

The degree to which an individual identifies with the athlete role and looks to others for acknowledgement of that role (Brewer, Van Raalte, & Linder, 1993). It is a type of self-schema or how an individual perceives themselves.

ATHLETES

What if you started working on yourself as a person first, not just an athlete?

Here are tips to help individuals do just that so they can recognize:

I MATTER -- ASIDE FROM MY SPORT

- 1.) Find out what you are good at and what you are interested in, besides your sport.
- 2.) Try new things not related to your sport and don't be afraid to be imperfect or fail.
- 3.) Seek a community of people who can support your development beyond just your athletic successes.
- 4.) Look for ways to improve your relationships, not just your performance.

About Cenci Coaching and Consulting:

Cenci Coaching & Consulting has been offering personal and professional coaching services since 2011.

<http://www.ericacenci.com>

For more Resources, visit: www.PCDevZone.org
For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org