



**EVERYTHING YOU NEED
TO NAVIGATE
LIFE AFTER PLAYING**

Transition Manual

Help and Advice on Planning your Future



After 12 years in professional cricket, I learned that leaving the game is not losing your identity – it is discovering how much more you are beyond it. The qualities that carried you through every challenge – perseverance, resilience, courage, and purpose – remain yours forever. To every player facing retirement: trust your strengths, embrace uncertainty, and stay curious. Cricket may close one chapter, but the values it gave you can help write your most meaningful innings yet. Success beyond the boundary starts with believing in what comes next.

WILL JEFFERSON

FORMER ESSEX CCC, NOTTINGHAMSHIRE CCC & LEICESTERSHIRE CCC

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I was gutted when a long-term ankle injury forced me to retire. The first few months felt like a liminal space, searching for a new purpose and identity beyond cricket. While I'm still sad not to be playing, I now feel excited and, in a sense, liberated to throw myself into what's next.

CAMERON STEEL

FORMER MIDDLESEX CCC, DURHAM CCC, HAMPSHIRE CCC & SURREY CCC

WELCOME

The PCA Transition Manual serves as a comprehensive guide to help players navigate the challenges and opportunities that arise after leaving the game of cricket. It acknowledges that transitioning out of professional sports can be a complex process, impacting various aspects of life, both personally and professionally.

Leaving professional cricket is a reality every player will face, and the PCA is committed to supporting you not only throughout your playing career, but also in the years beyond it. Recognise that transitioning is a journey that takes time. It's normal to experience a range of emotions and challenges as you adjust to life beyond cricket. Every player's transition is different, and there is no single way to experience or navigate this process. Understanding both the emotional and practical impact of transition is an important part of preparing for what comes next.

You are not alone in this process. Lean on your support network, including friends, family and the Professional Cricketers' Association (PCA). The PCA offers various resources through its Personal Development and Welfare Programme (PDWP). This includes access to Personal Development Managers (PDMs) who can assist you in planning your next steps, whether that involves further education, career changes, or personal growth. They provide a trusted and confidential coaching and mentoring network to support you throughout your transition.

The manual is designed to be a long-term resource, keep it handy to revisit as you navigate different stages of your life after cricket. It can serve as a checkpoint to assess your progress and goals. Embrace the potential for new beginnings. Transitioning out of cricket can open doors to various opportunities, and with the right support and mindset, you can build a fulfilling future.

Wishing you all the best as you embark on this new chapter in your life. Remember, the skills and experiences you gained in cricket can be valuable assets in whatever you choose to pursue next.



IAN THOMAS
MANAGING DIRECTOR



RETIREMENT & RELEASE PROCESS

CONTRACT

All cricketers in England and Wales are employed on a standard form of contract. This contract contains support for players in their transition out of the game.

In the majority of cases, your contract will expire at the end of October and this will be the final instalment of your annual salary.

NOVEMBER & DECEMBER PAYMENTS

The contract also provides you with further payments to support your transition.

For all members this will be payments in November and December.

Each of these payments will be equal to 1/12 of your annual salary and subject to tax and national insurance.

The benefit of this is when you play your final match in September, you have the reassurance of further financial support.

The payments are subject to some specific conditions;

1. The cricketer must have been employed for at least one period of 12 months from 1st November to 31st October at some point during their employment at that club.

2. The payment will be made if you are released but not if you are immediately joining a new county on 1st November or playing franchise cricket in November or December.

3. The payment will generally be made if you receive an offer which is less favourable and you choose to leave the game subject to some conditions.

4. The payment will be made if you choose to retire.

5. The payment will be made if you have your contract terminated due to injury (which does not result in a breach of contract).

* If you leave the club in circumstances detailed in point 2 or 3, you will only be paid the additional payment pro rata if you subsequently sign for another county in November or December.

* If you leave the club in circumstances detailed in point 4, you will be required to pay back a sum to the club if you sign for another county before 1st July in the following season. This amount will not exceed 1/3 of your new basic salary.

FUTURES FUND

Our male and female members also benefit from membership of the Futures Fund which further aids transition. See page 43 for more details.

COMPROMISE AGREEMENT

Should you retire or agree an early release with time on your contract, there may be extra payments due to you.

It may be that a club wants to curtail your contract, or you've suffered a permanent injury or illness that you won't recover from, or you may want to leave and go to another club.

In each of these instances a compromise agreement may be suitable to wrap up your association with the club. An early discussion about any of these scenarios is imperative.

PUBLIC RELATIONS

If you require a compromise agreement, a media statement may be necessary for both you and the club involved.

Each statement will be different and you should take advice before moving forward. A statement may have implications for insurance claims and once issued will remain on a website somewhere, forever, so make sure it's right!

FOR FURTHER ADVICE CONTACT THE CRICKET DEPARTMENT

See P62 for key PCA contacts or contact your PDM

INSURANCES

As a current playing member of the PCA and a county employee, you currently benefit from the following insurances;

- **Private medical insurance**
Until the March following your contract expiry.
- **Permanent Total Disablement from cricket and all employment**
Applies until the end of your contract period.
- **Death in Service insurance**
Applies until the end of your contract period.
- **Critical Illness insurance**
Applies until the end of March following contract expiry.
- **Travel Insurance**
Applies until the end of March following contract expiry.

When you transition to a past player or a player seeking your next opportunity, it is important to consider what insurance requirements you may have as an individual and what may be suitable for your circumstances.

The PCA's Cricket Department can connect you to appropriate brokers to support you with sourcing insurance options.

More information available at
thepca.co.uk/insurances



The last six years studying to become a doctor have had many ups and downs. However, the experiences and skills from my professional cricket career have helped me cope with this journey. Resilience, a strong work ethic and team camaraderie have all transferred into my medical career. I believe cricket has given me a head start in becoming a doctor, and I would encourage other professional cricketers to use their key skills in their next step.

VISHAL TRIPATHI

FORMER LANCASHIRE CCC AND NORTHAMPTONSHIRE CCC



TRANSITIONS & MANAGING CHANGE



TRANSITIONS & MANAGING CHANGE

Professional cricketers undergo many transitions throughout their careers such as selection and de-selection, captaincy, moving clubs, working with different coaches and staff, and managing injuries.

Retirement or discontinuation from the game is the final and inevitable transition for all professional cricketers. Whether you retire prematurely as a result of injury, are released from your club, or choose to end your career on your own terms, the transition is challenging.

SPORT CAREER TERMINATION IS DIFFERENT FROM OCCUPATIONAL RETIREMENT FOR 5 KEY REASONS:

1. AGE

Cricketers finish their careers at an average age of 28 and join a workforce where their non-sporting peers are already established and growing their careers.

2. COMMUNITY

Cricketers leave the dressing room and this can result in reduced contact or loss of friends from their usual support networks.

3. FINANCIALLY

Cricketers often struggle to match their end of career performance wages with their non-sporting career options, especially at first when training or education is required.

4. PHYSICALLY

Training and playing routines change or stop and reductions or alterations in this area, especially when due to injury, can affect both physical and mental wellbeing.

5. IDENTITY

Cricketers often experience greater disruption of their identity in that much of their self-worth is tied up with being a professional sports person.

That's why planning during this transition period is so important. Being realistic and ready to change direction can help prevent a drift into apathy or even depression.



When I retired, I thought I was fairly well equipped to find my next career. Knowing how to map this to a longer-term plan was a real challenge. Support from the PCA really came into their own for me during this period. The two years post retirement I think are the hardest as you try to establish yourself again and the PCA really helped me apply focus and gain a new sense of purpose and direction. Even now, I only have to ask and I get great support and a fantastic network of people to tap into and from whom to learn.

DAVID BALCOMBE
FORMER HAMPSHIRE CCC



I started planning for life after cricket while I was still playing. Completing my LPC and masters gave me certainty of where I was going after cricket, meaning I could finish my playing career with a weight off my shoulders knowing that I had control over what came next. This made the transition out of professional sport less daunting and more exciting as I moved towards a new career and new chapter.

FREYA DAVIES
FORMER HAMPSHIRE CCC
& ENGLAND WOMEN



THE CHALLENGE OF CHANGE

IS THERE LIFE AFTER SPORT? THE ANSWER IS A DEFINITE “YES!”

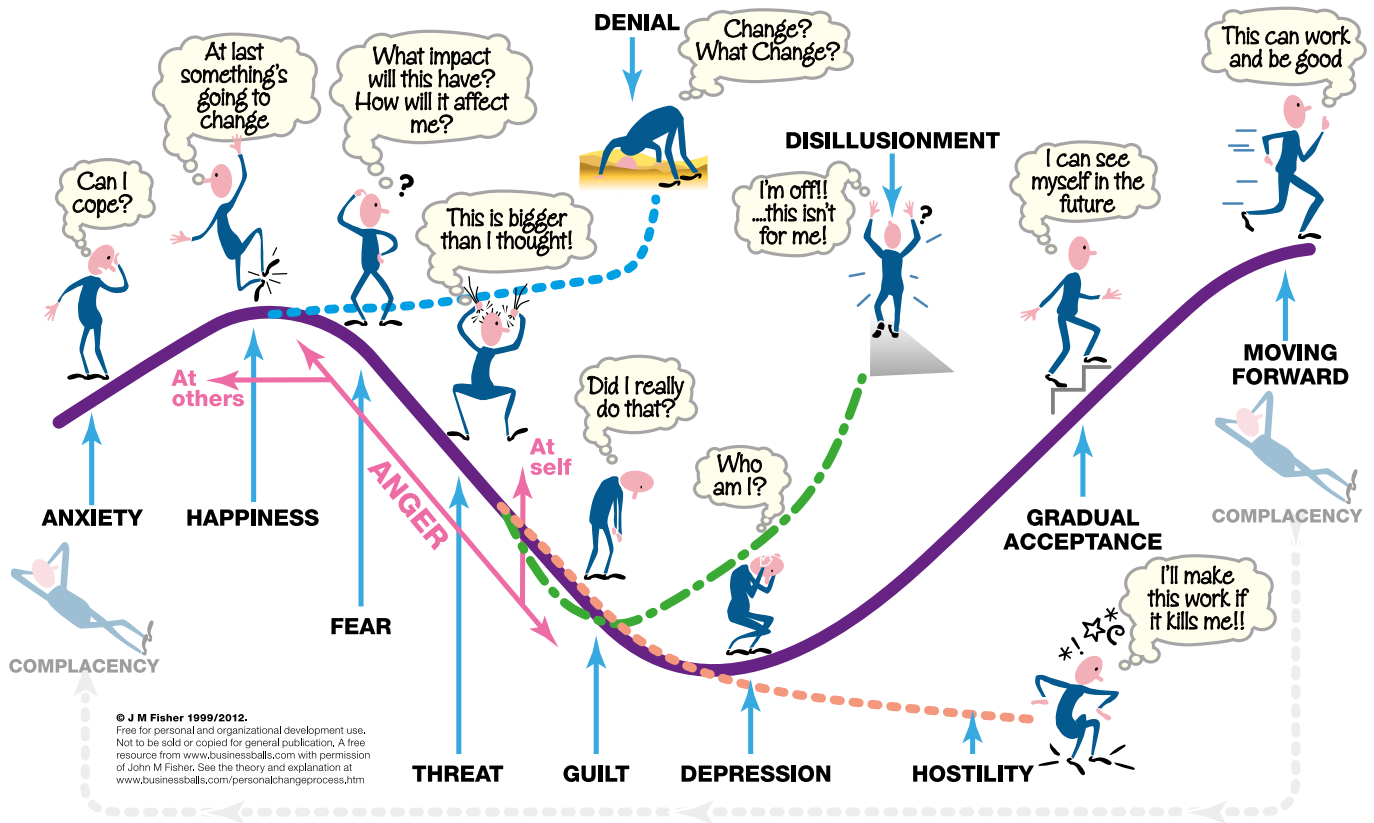
But it is essential for cricketers when in this stage of change to be proactive rather than reactive to the situation. The change should be viewed as a new challenge rather than as an ending to something that cannot be replaced, and they should take on the transition as if it were their own choice even though it may not have been.

The change curve on page 12 illustrates typical thoughts and emotions that a player may experience when they leave the game, especially in the first couple of years. Players may find themselves acting and behaving differently in response to the stress of their changing circumstances, feeling not themselves, not ‘in control’ and uncertain about their identity beyond the field and what the future holds for them, and their partners and family.

THE PROCESS OF TRANSITION

THE CHANGE CURVE

THOUGHTS & EMOTIONS DURING SIGNIFICANT PERIODS OF CHANGE



This transition, involving the loss of their sport and livelihood, is similar to the loss of anything valued, including a person. This is portrayed by the following diagram representing the Stages of Loss based on the Kubler-Ross Model.

SHOCK DISBELIEF DENIAL	When the news is given that they must leave cricket, it creates a state of shock, often felt as an emotional numbness. It is the last thing they want to hear or are prepared for. This often is followed by disbelief and denial, such as, “This cannot be happening to me.”
BLAME GUILT	If they are leaving cricket due to injury, they often think if I had not done this or that I wouldn’t have been hurt. Or if retiring they may feel that if they had kept themselves fitter they could have carried on for a few more years. Or the blame and guilt can be transferred to other reasons.
FEAR PANIC	Loss often mirrors fear. This is understandable as their lives are completely overturned and thrown into turmoil. Suddenly their whole world is now going to be very different, changed in a way that has never been experienced before.
ANGER	This is often felt as, “why me!? I’m too young to stop. I’ve many years left to play. This is so unfair.” Feelings of anger, rage, envy, resentment are all quite common. These feelings are normal and universally felt. Anger often overthrows reason, and can stop the person looking forward.
SEARCHING BARGAINING	Having had such a very close and intense relationship with cricket, the player will find it hard to change their lives so fundamentally. Many players will desperately search for a way to continue playing, even when it’s unrealistic. This searching and bargaining stage is part of the process, and should not be seen with surprise or embarrassment.
SADNESS DEPRESSION	Sadness and depression can be a consequence of the loss of identity as a professional cricketer. Our advice is to be kind to yourself and to seek professional or medical help should any of these feelings become acute. Please see page 16 for signs and symptoms and page 52 for where to go for help and advice.
ACCEPTANCE	Finally in the process comes good news, eventually acceptance arrives. Life becomes easier. Acceptance should not be misunderstood for happiness, it does not mean there will no longer be any sadness or regret, but they have accepted that they have to plan for a new life. It is time to put new goals in place and to aim towards a new future. This is a stage of optimism.

THE CYCLE OF CHANGE

The model below based on Prochaska & DiClemente's Model shows the stages we go through when experiencing change.



STATE OF CHANGE	BEHAVIOURS AND THOUGHTS	WHAT CAN OTHERS DO TO HELP A PERSON UNDERGOING CHANGE?
1 PRE-CONTEMPLATION	Will not look at change. This is the “burying the head in the sand” stage. Something will turn up. This is a stage of denial.	Highlight the negative consequences if no change is considered, emotional, psychological and financial.
2 CONTEMPLATION	Ambivalent about change: “Sitting on the fence.” Not considering change within the near future - or I might change or I might not. This is prevaricating and putting off change.	Highlight the positive consequences of change. How it could lead to a new challenge and reward. Encourage the player to consider what other field would they like to work in.
3 PREPARATION	This is where a decision to change is made and preparation and planning to act is now a reality. This might mean researching university courses or approaching people and institutions.	Assist them in strategically planning how to instigate this change. Look at the skills they have professionally and personally and to what occupations they could be adapted. Who could be of help, sports associations, their cricket club, careers advisors? Encourage them in this stage.
4 ACTION	This is when the preparation is acted upon. University or trainee courses are enrolled on. Advice from sports associations, clubs or other sources are put into action.	Give praise for their courage in taking action. Reinforce that meaningful rewards can follow, and that the pros outweigh the cons.
5 MAINTENANCE	Building on the actions previously instigated and looking at how to keep progressing in their new field. Post-six months to five years.	Discuss how to cope with possible setbacks or obstacles in their new career. Be prepared for these and to overcome them exactly as they did in their cricket days. Look long term at their new career.
— LAPSE	We fall behind or give up at the initial obstacles.	Look at better coping strategies. Compare it to a series of lost cricket matches - you don't give up because you have lost one game - this is about winning the series.
6 RELAPSE	A loss of drive, momentum and potentially purpose.	Address the reasons for the relapse. Reinforce the rewards to come if the attempt is made again. Explain that not getting what we want is not a matter of failure, it's a matter of we haven't done it right, and we need to do it again. Sport is about stamina, so is transition.

PREPARE FOR LEAVING CRICKET

1. TALK

Talk to people about your thoughts and feelings surrounding this significant life change.

2. INVEST

Invest time building up your non-sporting identity by developing your confidence and self-worth/esteem in other areas of your life, personal and professional.

3. DEVELOP

Develop a non-cricket support network alongside your cricket network, ideally in areas of interest.

4. IDENTIFY

Identify and develop your transferable skills through personal development work such as CV development, psychometric assessment and work experience.

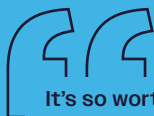
5. PLAN

Plan by accessing the PCA and other support networks available to ensure you have a career plan post cricket, and that financially, physically, mentality and emotionally you are as prepared as possible.

SIGNS & SYMPTOMS OF POOR TRANSITIONING

If a player is experiencing one or more of the signs or symptoms below they should be encouraged to access specialist support through the PCA or other appropriate individuals and organisations.

- Exhibiting excessive and reckless behaviours e.g. gambling, drinking, smoking, promiscuity, eating.
- Withdrawing from usual support networks and neglecting hobbies / activities.
- Continuously low in mood, low self-esteem and sadness
- Feeling hopeless and helpless.
- Having suicidal thoughts or thoughts of self-harm.
- Continually anxious or worried.
- Lacking energy and enjoyment in life.
- Experiencing on-going problems with: sleeping, appetite (increased and decreased), libido, concentration and decision making.
- Feeling angry, irritable and intolerant of others.
- Experiencing difficulties in home and family life (relationships).



It's so worthwhile attending the PCA Futures Conference. It showed me that my skills as an athlete are transferable and there are so many options for my career after cricket. The resources I got were invaluable and really made me think — I've almost done a complete turnaround in what I want to do after I finish playing.

GEORGIA ELWISS

THE BLAZE & FORMER ENGLAND WOMEN





**SERVICES AT
YOUR DISPOSAL**

2



YOUR PERSONAL DEVELOPMENT MANAGERS

The Personal Development and Welfare Programme (PDWP) is the PCA's flagship member service and we are proud of the work that our team of Personal Development Managers do to support players within their career and through their transition out of the game.

We hope that you have established a strong working relationship with your PDM during your playing career, however we appreciate that every member approaches their personal development and career planning in their own way.

Personal development is a lifelong journey and your PDM is there to work with you through the next steps.

Through years of working with PCA members, we recognise that the transition from playing cricket can present a range of challenges, therefore your PDM will be in regular contact through the transition period to help your move from playing be as smooth and rewarding as possible.



LYNSEY WILLIAMS / Head of PDWP
lynsey.williams@thepca.co.uk
07990 883971

RESPONSIBILITY FOR:
Glamorgan & Worcestershire



JAS SINGH
jas.singh@thepca.co.uk
07826 535783

RESPONSIBILITY FOR:
Durham (M&W) & Yorkshire (M&W)



TOM JONES / Senior PDM
tom.jones@thepca.co.uk
07867 459202

RESPONSIBILITY FOR:
Essex (M), Surrey (M&W), England Men
*England Women until Mid-September 2026



MATT FOOTMAN
matt.footman@thepca.co.uk
07880 576843

RESPONSIBILITY FOR:
Essex (W), Kent & Middlesex



MARTIN CROPPER / Senior PDM
martin.cropper@thepca.co.uk
07776 598412

RESPONSIBILITY FOR:
Gloucestershire & Somerset (M&W)



PERRY RENDELL
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07785 619443

RESPONSIBILITY FOR:
Hampshire (M&W) & Sussex



CHARLIE MULRAINE
charlie.mulraine@thepca.co.uk
07918 039763

RESPONSIBILITY FOR:
Nottinghamshire & Past Players
*Cover for Lancashire (M&W) until Mid-September



LAURA PIEKARSKI
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07867 459201

RESPONSIBILITY FOR:
Leicestershire, Northamptonshire & The Blaze



SOPHIE CONNOR
sophie.connor@thepca.co.uk
07774 398894

RESPONSIBILITY FOR:
Lancashire (M&W) & England Women*
*From Mid-September 2026



SAM WINNALL
sam.winnall@thepca.co.uk
07442 709064

RESPONSIBILITY FOR:
Derbyshire & Warwickshire (M&W)

EVENTS

Each year we run a series of events and workshops that provide members with the opportunity to continue to upskill, broaden their personal development and connect with fellow members.



PCA FUTURES CONFERENCE IN ASSOCIATION WITH GEDU GLOBAL EDUCATION

An annual two-day conference designed to provide key knowledge, develop new skills and build the confidence needed to support current players and recently retired and released players in their planning and preparation for their next career step. The 2026 conference will be held at the Hilton Hotel, St. George's Park on Tuesday 3rd and Wednesday 4th November. Speak to your PDM for further details and how to register.



PCA FUTURES AWARDS

The annual PCA Futures Awards provide an opportunity for members to showcase their commitment to personal development over the past 12 months (November to October). The categories for 2026 are Business Impact, Lifelong Learning and Emerging Excellence with prizes for the overall winner. Applications will open later this year with the finals taking place in November.



PDWP WORKSHOPS AND EVENTS

Each year the PDM team organise events that help members learn new skills and prepare for a second career. Topics vary each year so keep an eye out for communication from your PDM.



PAST PLAYERS' DAY

Each year, the PCA hosts an annual past player day which is a perfect opportunity for past players to come together and see old friends. The venue is decided each year where you get to spend the day talking to your rivals from the past and friends of the future whilst watching cricket. This day comes at no cost to you and can be booked by contacting Ali Prosser at alison.prosser@thepca.co.uk.

ONCE A MEMBER ALWAYS A MEMBER

After your playing days are over, don't think we forget about you!

All past players will continue to receive communication from the PCA as well as have access to offers and opportunities including:

- **Personal Development & Welfare Programme and PDM Support**
- **Past Player Events**
- **Education Funding**
- **PCA Learning Platform**
- **Discounted Invites to PCA Functions and Events**
- **Member Offers**
- **Member Offers E-Flyers**
- **Healthcare Options**
- **Access to The Cricketers' Trust**

YOUR CONTACT DETAILS

If any of your details have changed, please contact **Ali Prosser**, alison.prosser@thepca.co.uk to ensure our records remain accurate.

PAST PLAYER COMMUNICATION

THEPCA.CO.UK

The PCA website contains everything you need as a past player, including member offers, past player events, and much more – check regularly for the latest updates.

JOB OPPORTUNITIES

New job roles are added to our website throughout the year – check regularly for the latest opportunities.

EMAILS

More detailed information is shared through emails, including upcoming events and member offers.

MEMBER OFFERS E-FLYERS

A detailed e-flyer featuring new and updated offers, specifically designed for our past players is sent bi-monthly.

LINKEDIN

Search for the PCA on LinkedIn to find regular news and updates, and join the Professional Cricketers in Business Network – a LinkedIn Group supporting members as they build their future careers.

PAST PLAYER SURVEY

Your voice continues to matter – we survey all retiring and past players every three years as part of the Futures Fund.

FACEBOOK /Professionalcricketersassociation

INSTAGRAM @THEPCA

TIKTOK @THEPCA

X @PCA



THE PCA'S CHARITY...

The Cricketers' Trust is part of the PCA's commitment to helping current and former players and their dependants in times of hardship and upheaval, or to readjust to the world beyond the game.

The charity also supports players and their dependants who might be in need of a helping hand with medical advice, a much-needed operation or those who require specialist advice, care or assistance.

Few vocations carry so much uncertainty as that of a professional cricketer. The demand of playing any sport for a living leaves little time to consider and plan for unforeseen misfortunes in the future. A concerted and proactive drive to help and educate on all health and well-being issues is key in helping to negate problems further down the line.



This emphasises the important work that the PCA does in generating funds for the Trust. No obligation, no demands – just help when you need it. The Confidential Helpline has been set up for players who would like to talk to a professional counsellor and therapist in absolute confidence.

The helpline doesn't have to be the first port of call. You could chat to a PCA employee or colleague and be put directly in touch with help. If you're in real danger, then we'll have somebody with you within hours. The first call is just the start. Face-to-face meetings as close to your home, or at home, will follow as soon as a need is ascertained.



CALL THE 24HR CONFIDENTIAL HELPLINE ON 07780 008877

Alternatively contact your regional Personal Development Manager, or Ian Thomas, MD (ian.thomas@thepca.co.uk / 07920 575578)



CAREER PLANNING PROCESS



CAREER PLANNING

The aim of this Career Planning section is to provide you with tools and techniques to enhance your marketability in the job market and further develop your personal sales toolkit. Even if you have been working closely with your PDM this is a good refresher on how to see yourself through the eyes of your future employer.

WE'LL BE LOOKING AT THE FOLLOWING AREAS:

- **Recognising the skills and attributes you have to offer**
- **Making the most of your CV and application letter**
- **The use of simple techniques to plan your job search effectively**
- **How to prepare well in order to market yourself successfully**

BE CLEAR ON WHO YOU ARE AND WHAT YOU WANT!

For your job search to be successful it is very important to be clear about what you want. This still applies even if you are a more experienced job seeker. It helps to go through a period of self reflection in order to see how your beliefs, values and ambitions are linked to what you want in life. You don't have to do this alone. Use the expertise of people around you, whether that is the PCA or people that you know and admire in business. If you haven't gone through this already, it can really improve your clarity by considering the following areas:

- Identify ambitions and goals
- Explore in detail past achievements
- Catalogue your experiences to date
- Define your strengths and skills
- List your successes and achievements
- Consider what you may need to enhance your existing skills base

If you don't know where you are going, how can anyone else know? And that really is an interviewer's "turn-off."

Below are some useful questions to help you get started, which you may wish to work through with your PDM.

STRENGTHS

- What things/actions come naturally to me?
- What do friends/family compliment me about?
- What skills make me a successful sports person?

LIMITATIONS

- What knocks my self-confidence the most?
- What, if anything, prevents me from being more successful?
- What are my weaknesses?
- What things don't come naturally to me?

ACTIVITIES I ENJOY

- What things do I do for enjoyment?
- What gives me the most pleasure and satisfaction?
- What inspires and motivates me?
- What aspects of being a professional cricketer did I enjoy the most?
- What aspects of a future job would interest me? (e.g. planning, selling etc)

ACTIVITIES I DISLIKE

- What aspects of being a professional cricketer did I dislike?
- What demotivates me?
- What would I not like in a new career? (e.g. office based, technical, creative etc)

KEY ACHIEVEMENTS

- What is the boldest thing I have ever done?
- What is my proudest sporting achievement?

- What is my proudest moment outside of sport?
- What have I achieved that I really had to fight hard for? How did I make it happen?

INTERESTS

- What am I interested in?
- What do I like to talk about? Read about? Learn more about?
- What aspects do I like about my friends' careers or club sponsors I've met?

FUTURE

- How would I like to develop myself? Areas? Skills? Qualifications?
- How important is money as a motivator? If it isn't top of the list, what is?
- What would the balance of work, personal and social life look like? How does this affect my career choices?

KEY TIP PREPARING YOUR PERSONAL MARKETING CAMPAIGN

Getting a job is similar to selling a product. The benefits of you as an employee need to be clearly communicated by you and understood by the company offering the job.

THE KEY ELEMENTS ARE:

- The product: is "you" and the skills which have been developed that may satisfy the needs of your customers (potential employers)
- Promotion: is the style and content of your sales material (i.e. your letters, CVs, telephone manner, etc)
- Do your market research: identify career opportunities in your chosen field
- Identify your customers: the potential employers you may want to approach
- Sales effort: is the energy you put into the whole process of getting the job!

CAREER RESEARCH

Using nationalcareers.service.gov.uk/explore-careers identify **five careers** that interest you. List below, ranking in order of interest and include reasons for your choices.

JOB TITLE	KEY REASONS FOR INTEREST e.g. environment, money, tasks, people, creativity, variation...
1	
2	
3	
4	
5	

CV GUIDANCE & TEMPLATE

CV's take a while to perfect. A good way to start is by providing information under each of the 10 sub-headings. Once completed, your PDM will go through this with you and provide feedback and guidance on what you need to do next.

1. PERSONAL INFORMATION

This includes your name, location/ address, contact number, appropriate email address and LinkedIn profile.

2. PERSONAL STATEMENT

This should be a short (3/4 lines) summary of your main 'selling' points. It should cover the questions 'Who am I?', 'Where have I been?', 'Where am I going?' with a summary of relevant areas of your life and key skills. The Personal Statement will give the employer a good indication as to whether you have the skills and abilities needed for the position so think about this section carefully!

3. KEY SKILLS

List between 3 and 5 skills that you possess linked to your career/job area providing an example (achievement based if possible) to illustrate where you have developed or displayed this skill e.g. Leadership – captaining the 1st XI squad who won.

4. EMPLOYMENT / WORK EXPERIENCE

This includes cricket and any other work or volunteering you may have done paid or unpaid. Include any work

experience you may have done even at school or during the off season no matter how short. State your most recent employment/work experience first, and work backwards following the template overleaf - it makes sense to start with where you are now/have been most recently. Under each position include a brief statement about your main responsibilities and emphasise any skills used, learned/developed during that time. Try and highlight your achievements at work rather than providing a description of the job itself.

5. CRICKET/SPORTING ACHIEVEMENTS

List highest achievement first and date achieved – this might be international representation, being part of a winning side or your own individual stats/awards. You may wish to include other sporting achievements of note.

6. OTHER ACHIEVEMENTS

Include here any non-sporting representative honours, achievements or positions of responsibility that you are proud of or that demonstrate your range of skills e.g. awards, titles/

positions held, skills learnt, fundraising efforts, charity/community support work - include dates and brief details.

7. EDUCATION

State your most recent education first and work backwards - it makes sense to start with where you are now / have been most recently. List the subjects you are studying/have studied. If completed, then include the grades attained alongside each subject.

8. OTHER QUALIFICATIONS & TRAINING COURSES

List other qualifications gained, courses attended and in what year and month if known.

9. INTERESTS

This is an opportunity to acknowledge the range of activities you enjoy undertaking outside of work e.g. reading, sports, playing a musical instrument, supporting charities, travel etc.

10. REFERENCES

Available on request.

FULL NAME

Location/Address:
Mobile: 07000 000000
Email: joebloggs@hotmail.co.uk
www.linkedin.com/in/joebloggs/

PERSONAL STATEMENT

KEY SKILLS

EMPLOYMENT / WORK EXPERIENCE

Example:

Dates	Job Title	Name of Company	Location
Sept 2017 – to date	Professional Cricketer	County Cricket Club	London

Club Captain

Responsibilities include playing for 1st XI, promoting the club and the game in the local area through presentations, speeches, media interviews and coaching, and networking with key stakeholders.

CRICKET / SPORTING ACHIEVEMENTS

OTHER ACHIEVEMENTS

EDUCATION

Example:

2014-2015	New School, Waltham	3 A Levels: Biology (A), Geography (C), English (D) Head Boy / Prefect
2012-2013	New School, Waltham	9 GCSEs (including Maths and English)

ADDITIONAL QUALIFICATIONS & TRAINING COURSES

Example:

October 2017	Sales and Marketing course, Goodform Training, Edgbaston
September 2016	Gym Instructor Qualification (level 2), YMCA
February 2016	ECB Level 2 Cricket Coaching Qualification

INTERESTS

REFERENCES

Available on request

CV TIPS

YOUR CV SHOULD DEMONSTRATE YOUR UNIQUE BLEND OF SKILLS AND EXPERIENCE

Make sure you include examples of key skills and achievements.

KEEP IT SIMPLE

Your choice of font and layout are key to making sure a would-be employer carries on reading your CV. Simple formats work best.

DON'T BE GENERIC

Work out who or which industry sector your CV is destined for and tailor it to highlight the right aspects of your experience for them.

CHECK AND CHECK AGAIN

Avoid errors at all costs. This means spelling mistakes, dates which conflict with one another and incorrect email address and phone number.

KEEP IT UP TO DATE

Firing off an old CV will look unprofessional, so make sure that you regularly update and tailor it to meet the requirements of any jobs you are applying for.

CONSIDER USING A TEMPLATE

This could make your CV easier to read and ensure you include all the most important aspects of your work history.

WHERE POSSIBLE KEEP TO TWO PAGES



CVs remain a vital tool in the job hunting process, offering potential employers a snapshot of your experiences. When crafted thoughtfully, they reveal much more about who you are. Therefore, it is crucial to invest the time and attention they deserve.

MARTIN CROPPER

SENIOR PERSONAL DEVELOPMENT MANAGER
GLOUCESTERSHIRE CCC, SOMERSET CCC
(MEN & WOMEN)

MANAGING THE PROCESS

JOB SEARCH TRACKING SHEET INCLUDES:

- Organisation name & address
- Telephone and email details
- Contact name
- Source
- Vacancy
- Dates of contact
- Interview yes/no
- Comments/outcome

NETWORKING TRACKING SHEET INCLUDES:

- Contact name
- Details of approach/request
- Telephone and email details
- Outcome of approach
- Contact code
- Follow up
- Introduced by

The influence of the network can be very significant – never abuse it.

DATA COLLECTION

Basic company research sheet:

- Product and services
- Potential competitors
- Sales turnover
- Recent news and press releases
- Financial result
- Market overview
- Number of employees
- Office locations
- Careers section/employee biographies

3 KEY TIPS

1. USE YOUR NETWORK

Go back to your professional network and see if you know anyone who works in the same sector as the company you are interviewing with. Call them up and ask them if they know about the company. They may even know someone who works there. We can assure you that you will be astounded how networks are linked.

2. TAPPING INTO OTHER PEOPLE'S NETWORKS

If you are fortunate enough to access someone else's network remember that your behaviour has a direct impact on them as well. If, when you meet someone from an introduction, you appear disinterested and poorly prepared then we guarantee this news will be passed on to your original contact and they will be less inclined to help you again. However, if you appear enthusiastic and have carried out extensive research prior to your meeting you will be amazed at how many more doors will be opened.

3. WHAT'S IN A NAME

Make sure that you write down the name of the person you are meeting with. An extension of this tip is to look up their name on the company website as there might be an online personal profile. This is a great way to build an even greater rapport as well as demonstrate to the interviewer that you have done your homework.

FIRST IMPRESSIONS COUNT

Remember interviews are subjective rather than objective. Being a skilful interviewee is like being a skilful musician or sports person; you have to practise at it! An interview room can be a very nerve-wracking place, especially if the questions are incisive and require you to think on your feet. Taking time to practise and prepare for the big day helps to ease the nerves and can make the difference between you receiving that offer instead of the 'we regret to inform you...' letter. Interviews have

thankfully moved on from the days of 'gut feelings', although you should still be very conscious of making the best first impression. An experienced interviewer will now ask you for examples of previous behaviour and will question you against selected competencies and possibly even put you through aptitude tests. This section will help to demystify the different interview techniques and provide you with useful tips on how best to prepare for them.

ENTERING THE INTERVIEW ROOM: CREATE THE IMAGE...

VISUAL

Dress sense, cleanliness, finger nails, hair, jewellery etc

CONFIDENCE

Your manner and friendliness in approach

LANGUAGE

Only use words where you know their meaning, avoid jargon

BODY LANGUAGE

Good posture, smile, keep eye contact, firm handshake (not bone crunching)

VOICE

Speak clearly, sound interested, not monosyllabic

ENTHUSIASM

Speak with passion, belief and be respectful



The skills I learned in cricket really have helped me with the transition. For example, cricket is great for networking in terms of meeting new people, teammates, coaches etc. Having this experience led me to being able to speak to customers, build those relationships fast and gain their trust.

LIAM HURT

FORMER LANCASHIRE CCC



PREPARING TO INTERVIEW: OPTIMISING TRANSFERABLE SKILLS

Preparing for an interview takes a lot more than Google searching a list of commonly asked questions! To help you get prepared, we have compiled a comprehensive guide of everything you need to do to optimise your performance and maximise your chances of a job offer.

S.T.A.R. METHOD

Knowing your transferable skills is one thing, bringing them to life when answering a question is another. Consider the S.T.A.R. method.

SITUATION

Begin by briefly describing the context or situation you were in. Provide enough background information for the interviewer to understand the scenario.

TASK

Explain the specific task or challenge you were faced with in that situation. What were you trying to accomplish or achieve?

ACTION

Describe the actions you took to address the task or challenge. Focus on what you did, highlighting your skills, expertise, and decision-making process. Be sure to emphasise your role and contributions.

RESULT

Finally, discuss the outcome of your actions. What were the results or consequences? If possible, quantify your achievements and explain how your actions made a positive impact.



It was so good to practise interviews at the PCA Futures Conference. I learnt how to answer competency-based questions, and it's completely changed how I feel about interviews – I'm a lot calmer now thinking about going for one. The biggest lesson I learnt was that preparation is key, and getting in some practise beforehand makes all the difference to your confidence.

EVE JONES
LANCASHIRE CCC

FREQUENTLY ASKED INTERVIEW QUESTIONS

1. Why do you want this job/role?
2. What interests you about this job?
3. Tell me about yourself?
4. How would you/your friends describe you?
5. Describe your career goals?
6. Do you prefer to work alone or on a team?
7. What is your greatest strength/weakness?
8. What are you passionate about?
9. What challenges are you looking for in your next job?
10. Why are you leaving your last job?
11. What have you learned from your mistakes?
12. What major challenges have you handled?
13. What was your biggest accomplishment?
14. What relevant experience do you have?
15. Tell me about a time when you had a difficult issue to overcome?
16. Tell me about a time when you had to show initiative creativity/leadership/team skills?
17. Tell me about a time when you have gone the extra mile?
18. What do you know about this organisation?
19. Why do you want to work for this company?
20. What can you contribute to this company?
21. Why are you the best person for this job?
22. Where do you see yourself in 5 years time?

ASK QUESTIONS ABOUT THE COMPANY

- What direction is the business moving in?
- How is business at the moment?
- How is the company hoping to gain a competitive advantage?
- Ask what the interviewer likes about working there and why they joined?

CLOSING THE INTERVIEW

- Thank them for their time.
- If you enjoyed the meeting – tell them.
- If you like the sound of the company – tell them.
- Tell them you are aware that they will contact the recruitment company (if you were put forward by one) and that you look forward to hearing from them via this firm.

IF IT'S A SECOND INTERVIEW

Write down everything from the first interview – a lot of the questions will be repeated (possibly for the benefit of someone you didn't meet first time).

- Have an agenda for what you want to cover i.e. be prepared for the question "Thanks for coming back – what do you want to talk about?"
- Be the same person – you know they like you.
- Be confident, be enthusiastic.
- Maintain pace in the interview.

IN SUMMARY

1. Be enthusiastic.
2. Be able to give examples and talk about your achievements.
3. Ask questions and show interest.

THE POWER OF LINKEDIN

As a professional cricketer transitioning into a second career, leveraging LinkedIn can be a powerful tool to showcase your skills, network with professionals, and explore new opportunities. Here's a concise guide on how to effectively use LinkedIn for your career transition.

1. OPTIMISE YOUR PROFILE

- Create a professional LinkedIn profile that highlights your cricketing achievements, skills, and experiences.
- Use a recent, clear profile picture where your face is easily recognisable.
- Write a compelling headline that reflects your career aspirations.
- Customise your LinkedIn URL to make it easy for others to find you.

2. BUILD YOUR NETWORK

- Connect with former teammates, coaches, mentors, and professionals in industries you're interested in.
- Engage with your connections by liking, commenting, and sharing their posts to build relationships.
- Join relevant LinkedIn groups related to cricket, sports management, or your target industry to expand your network.

3. SHOWCASE TRANSFERABLE SKILLS

- List your transferable skills such as teamwork, leadership, discipline and resilience in the Skills section.
- Share stories or examples that demonstrate how these skills can be applied in a professional setting.
- Seek endorsements and recommendations from colleagues and mentors to validate your skills and experiences.

4. EXPLORE CAREER OPPORTUNITIES

- Use LinkedIn's job search feature to explore job openings in your desired field or industry.
- Follow companies of interest to stay updated on their latest news, job postings, and industry trends.
- Reach out to recruiters or hiring managers directly to express your interest and inquire about potential opportunities.
- If you're actively looking for work, add the 'Open to Work' badge to your profile.

5. ENGAGE WITH CONTENT

- Share insightful articles, updates, or thought leadership pieces related to your industry or interests.
- Write LinkedIn articles or posts sharing your insights, experiences, or lessons learned from your cricketing career.
- Engage with relevant content from others by liking, commenting, and sharing to establish yourself as a knowledgeable professional.

6. CONTINUOUSLY LEARN AND GROW

- Take advantage of [LinkedIn Learning](#) courses or professional development resources to enhance your skills and knowledge.
- Follow industry influencers and thought leaders to stay informed about emerging trends and best practices.
- Attend networking events, webinars, or conferences both online and offline to expand your knowledge and connections.

By following these steps and actively engaging on LinkedIn, you can effectively support your transition from professional cricket into a fulfilling second career. Remember to be authentic, proactive, and strategic in leveraging LinkedIn to achieve your career goals.

20 steps to a better LinkedIn profile [Linkedin.com/business/sales/blog/profile-best-practices](https://www.linkedin.com/business/sales/blog/profile-best-practices)



**CONTINUING
IN CRICKET**

4

ARE YOU THE PLAYER TEAMS ARE LOOKING FOR?

SEEK ADVICE FROM THE PCA ON THE BEST WAY TO APPROACH OTHER COUNTIES.

SOME POINTS TO CONSIDER

- Remember to take into account your age, playing record (First-Class, List A and T20) and know whether you want to be signed to play all formats or four-day or limited overs cricket.
- Make contact with every team, in particular the teams you think your talents will be best suited to and have done well against in the past.
- When contacting teams remember the following:
 - Address e-mails personally (e.g. 'Dear Mark', not 'Dear Sir/Madam').
 - Have a well written cricket CV ready to send with your initial approach.
 - Don't wait for people to approach you.
- Have a well written cricket CV ready to send with your initial approach.
- If you have an agent, make sure they are doing the work you want them to do. Don't assume things are being done for you – take control, it's your career.
- Remember to use the PCA Cricket Department's negotiation service.
- Think about your network (people who can recommend you to coaches or other people of influence).
- Keep yourself fit and in good form by making use of facilities left open to you by your last county.

WHEN OPPORTUNITIES ARISE

- When you have been offered the opportunity to spend a period of time at a club, expect the following:
 - To travel to different parts of the country frequently.
 - A daily fee inline with national minimum wage is now paid for trialists.
- Make sure you understand what the coaches or counties want from you.
- Often overlooked, is speaking with the coach of the opposition team as they may well be able to offer you further opportunities to play some cricket.
- Be clear what your motivation for trialling at a county is. Ask yourself...
 - Do I genuinely think I have a future playing cricket? Who am I doing this for? Am I doing this because I have nothing else to do?
- If you have a prolonged time with the club, keep checking in about your progress. You don't want to drift along and then be surprised when the coach says it is your last game.
- This is all about taking control and looking after your own career – nobody is going to criticise you for wanting to know where you stand.

KEY PROFESSIONAL COUNTY CONTACTS SEE P59-61

FOR FURTHER ADVICE CONTACT YOUR PDM



A CAREER IN CRICKET COACHING

FOR MANY PCA MEMBERS, A CAREER IN COACHING IS A NATURAL PROGRESSION AFTER THEY HAVE FINISHED PLAYING. HOWEVER, IT IS A COMPETITIVE FIELD SO BEING PREPARED IS ESSENTIAL.

QUALIFICATIONS

For a career in coaching, it is important that you undertake the correct ECB qualifications for the level you wish to coach at. If you wish to coach recreationally at local clubs or schools, the ECB Core Coach qualification is sufficient for you to coach sessions safely and independently. These courses are run locally throughout the year.

If you wish to coach at a higher level such as talent pathway, performance and professional levels you will be required to complete ECB Advanced Coach. Recruitment is via an application and interview process and requires applicants to have completed ECB Core Coach and have experience of coaching players in a performance environment e.g. County Age Group or higher. You will also require an endorsement from a Director of Cricket, Pathway Manager or equivalent. This course is designed for those who are committed to remaining in the game at the highest level and runs once a year.

For those seeking enhanced qualifications for performance, professional and international environments then ECB Specialist Coach is available, and recruitment is via an application and interview process.

For further information please visit
www.ecb.co.uk/play/coaching

PCA FUNDING

As a former player, PCA education funding will be available to contribute towards Core Coach, Advanced and Specialist level courses, subject to PCA education funding rules and regulations. Speak to your PDM for more details.

STARTING TO COACH

As a start leverage your contacts to create opportunities at various levels across the game. This might include schools cricket, academy and pathway, club cricket, franchise and the professional game. By exploring different environments and player ability, you will start to get a better understanding of who and what you like coaching.

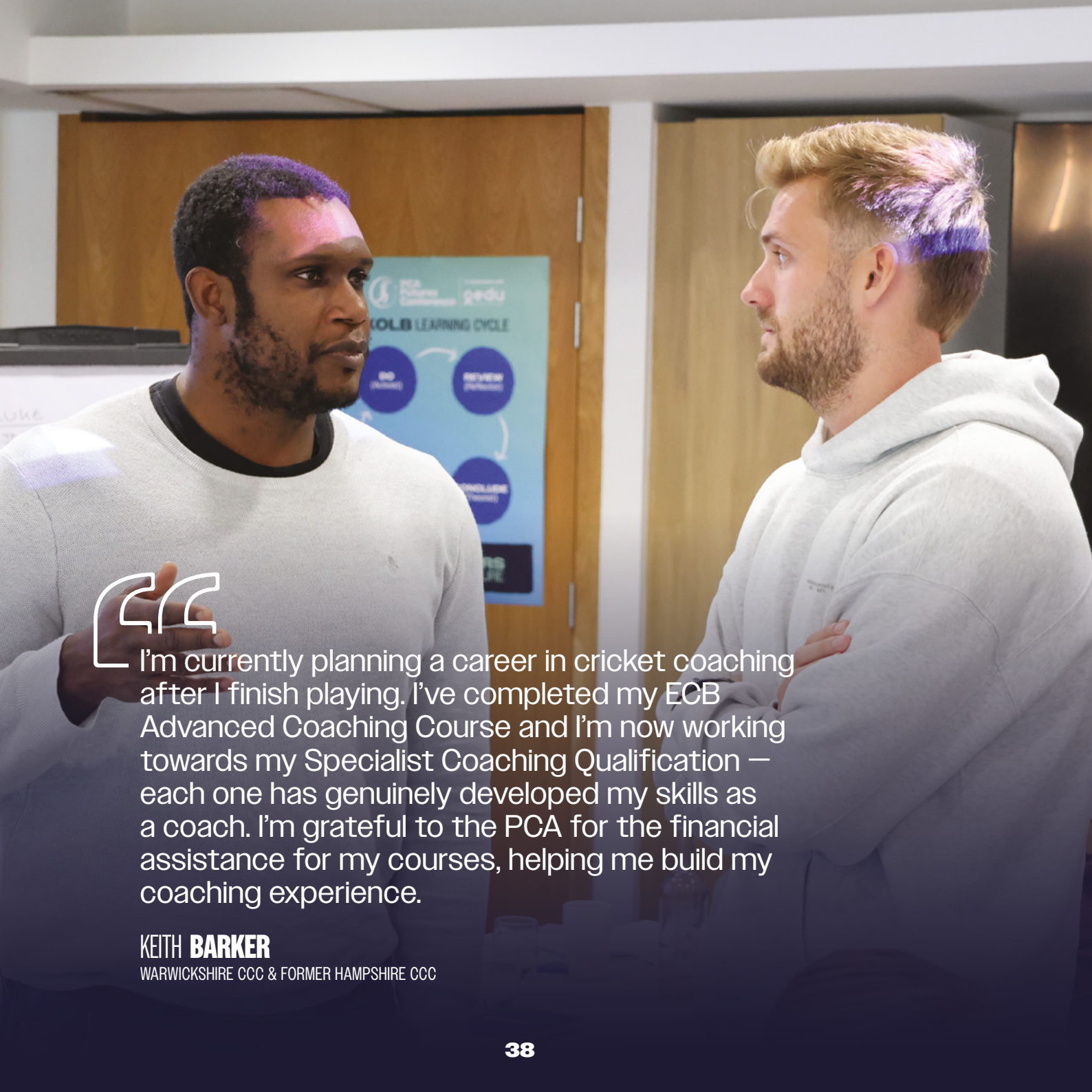
Aside from ECB qualifications also consider courses that can provide different ideas to help you improve your players. Courses members have taken include emotional intelligence, neuro linguistic programming, mental health in coaching and many more.

YOUR OWN COACHING BUSINESS

Private and recreational club coaching can be a great way to bring extra money in during the transition period. There are lots of people in the game who will want to learn from your experience and knowledge.

You may wish to set up your own business or academy and you will need to have a clear idea of what you want to charge and where you can coach.

Connect with your local clubs, schools and leagues alongside your personal network. Make sure you have your coaching qualifications, a DBS and insurance.



I'm currently planning a career in cricket coaching after I finish playing. I've completed my ECB Advanced Coaching Course and I'm now working towards my Specialist Coaching Qualification — each one has genuinely developed my skills as a coach. I'm grateful to the PCA for the financial assistance for my courses, helping me build my coaching experience.

KEITH BARKER

WARWICKSHIRE CCC & FORMER HAMPSHIRE CCC



FINANCE



FINANCIAL MANAGEMENT

FIRST TWO YEARS

The first two years are often said to be the toughest. Making smart decisions are crucial to a successful transition. Write down your thoughts and ideas for each section and work through how they will affect you and those around you.

	6 MONTHS	12 MONTHS	2 YEARS
FAMILY (e.g. Location, Schools, Children, Partner, Lifestyle)			
JOB (e.g. Location, Salary, Type of Role, Qualifications)			
MONEY NEEDS (e.g. Lifestyle, Holidays, Domestic bills)			

KNOW YOUR MONTHLY OUTGOINGS

It is important to understand ALL of your monthly outgoings. Regularly writing down every expenditure puts you in control of your finances.

You can use The Open University example shown here, or create your own personalised budget planner using the government-approved MoneyHelper website:

budget-planner.moneyhelper.org.uk



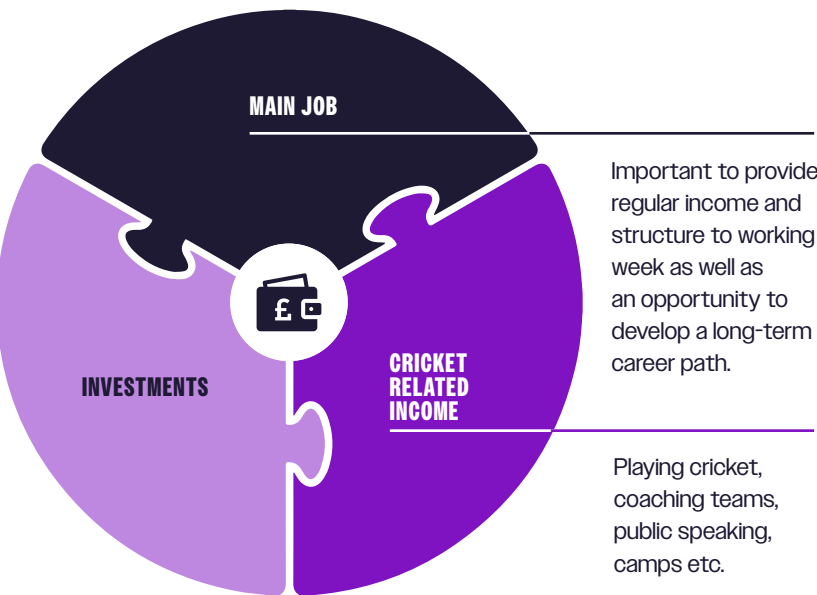
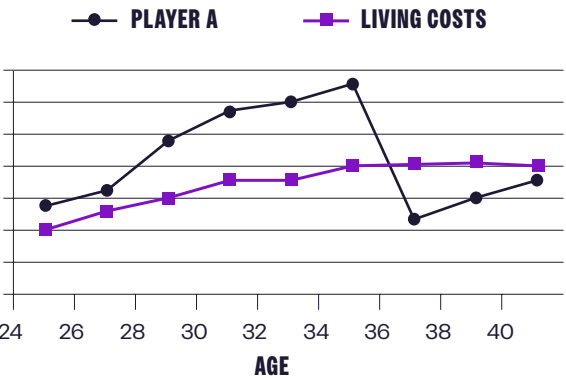
Your budget

(See Weeks 2 and 3)

	Cash flow £ per month	Average month £ per month	Budget £ per month
Earnings after tax, National Insurance and other deductions			
Tax credits or Universal Credit			
Other benefits after any tax			
Other income after any tax			
Total net income A			
Rent or mortgage			
Council Tax			
Regular bills (gas, electricity, water, and so on)			
Phones, broadband, TV subscription, TV licence			
Home insurance (contents, buildings)			
Food, drink and household goods (weekly shop)			
Clothing and footwear			
Travel (car insurance, petrol, servicing, rail, buses, other)			
Going out, nights in (alcohol, meals out, cinema and so on)			
Holidays			
Other leisure			
Credit card and loan repayments*			
Other spending			
Total expenditure B			
Surplus / deficit A – B			

THE INCOME DROP

Player A has a full county career, retiring aged 34. As you can see, to maintain the same standard of living, Player A will have needed to prepare for their transition from playing cricket. Most players, whenever they leave the game experience a fall in income.



INCOME TAX RATES & BANDS 2026-27

0%
£0-£12,570

20%
£12,571-£50,270

40%
£50,271-£125,140

45%
£125,140+

[WWW.GOV.UK/TOPIC/PERSONAL-TAX/INCOME-TAX](https://www.gov.uk/topic/personal-tax/income-tax)
YOU DO NOT GET A PERSONAL ALLOWANCE ON TAXABLE INCOME OVER £125,140.

FUTURES FUND

All players in the men's and women's game are able to apply for the Futures Fund.

Information on how to apply will be sent to you by email, usually in December.

Your application is assessed by a board of trustees. The trustees like receiving applications from members who have worked hard to put a plan in place and have made strides to prepare for their cricketing career ending.

Your PDM will be required to provide a supporting statement as part of the application process.

Successful awards may be paid over one or two years, with payments commencing in April following the end of your contract.



After finishing my cricket career, the Futures Fund award enabled me to buy the camera and video equipment that kickstarted my next career. It gave me the confidence to cut my teeth in the freelance world, setting up Tom Sole Productions — a multimedia company helping businesses and causes tell their stories.

TOM SOLE

FORMER NORTHAMPTONSHIRE CCC
& SCOTLAND

IT ALL STARTS AT HOME

Stamp Duty Land Tax is a tax you pay when you purchase a property, known commonly as Stamp Duty or SDLT.

Rates for a single property You pay SDLT at these rates if, after buying the property, it is the only residential property you own.

Property or lease premium or transfer value	SDLT rate
Up to £125,000	Zero
The next £125,000 (the portion from £125,001 to £250,000)	2%
The next £675,000 (the portion from £250,001 to £925,000)	5%
The next £575,000 (the portion from £925,001 to £1.5 million)	10%
The remaining amount (the portion above £1.5 million)	12%

IMPORTANT NOTE

You usually pay 5% on top of these rates if you own another residential property. If this might apply to you then it pays to get advice.

FIRST TIME BUYERS –

If you're buying your first home, you may pay lower Stamp Duty if the property you buy is your first home. You're eligible if you and anyone else you're buying with are first-time buyers.

YOU'LL PAY:

- No SDLT up to £300,000
- 5% SDLT on the portion from £300,001 to £500,000

If the price is over £500,000 you cannot claim the relief. Follow the rules for people who've bought a home before as above.

You can visit the government website for more detail if you need it:

gov.uk/stamp-duty-land-tax/residential-property-rates
INFORMATION AS AT 1 JUNE 2026.



MENTAL & PHYSICAL: MOTIVATION & GOAL SETTING



SELF AWARENESS

Tune into how you are feeling and be mindful of the positive and negative emotions that you are experiencing.

It is important to acknowledge these feelings and thoughts. When negative emotions creep in remember to shift them to positive ones.

The mind-body connection is powerful. Your thoughts can shape how you feel and behave. Just as it's easy to spiral downward into negative thinking, it's equally possible to build an upward spiral with positive thinking. The key is catching those negative thoughts early, before they take hold.

Regardless of how prepared you think you are for this transition period, it could still be one of the most

challenging times for you. Accept, like during your playing career that there will be down days and embrace the challenges ahead with the resilience you forged as a player and a positive mental attitude. The next phase of your life will open new doors and new opportunities.

Your first experience without cricket to focus on is new territory and an area all ex-players can relate to. No fitness tests, no report back date, no pre-season, lack of structure, feeling isolated and sometimes alone.

TALK! During this period keep talking. Surround yourself with positive people who care about you and can help. The PCA have experience and would welcome the call.

KEY TIP WRITE DOWN YOUR GOALS

Buy yourself a tidy notebook and pen. Writing things down can help you de-clutter your mind and give you a clear focus. Goal setting is used in all areas of life not just cricket and will be of great help moving forward.

EMOTIONS AND FEELINGS:

NEGATIVE

SADNESS
ANGER
ANXIETY
FEAR

GUILT
SHAME
JEALOUSY
LONELINESS

POSITIVE

HAPPINESS
LOVE
GRATITUDE
EXCITEMENT

HOPE
CONTENTMENT
CONFIDENCE
PRIDE

CIRCLE OF INFLUENCE

MODEL EXCELLENCE

Identify people who have the skills you would like and talk to them about it.

MIND BODY CONNECTION

How you think, will affect how you feel. Exercise is a great way to maintain a positive attitude. If you experience a change in body shape, then this can reflect in your self-esteem.

PERSONAL DEVELOPMENT

The PCA will continue to support your personal development.

IF YOU ARE STUCK IN A RUT ASK YOURSELF...

If you find yourself answering yes to any of these, it is important to talk this through with somebody you trust and someone who can help you.

ARE YOU
MAKING
EXCUSES?

DO YOU
HOLD ONTO
LIMITING
BELIEFS?

ARE YOU
MIND
READING A
SITUATION?



GRATITUDE

Be thankful for your days as a cricketer. This will help you shine the positive torch on your career.

TIP: Write down 50 great things that happened to you as a cricketer. The people you met, the places you visited, friendships you made, money you received and things you achieved. Keep this safe and refer to it as a shifter in case any negative emotions creep in!

TALK! AGAIN, SEEK OUT THE POSITIVE INFLUENCES IN YOUR LIFE AND TALK TO THEM, THEY WILL HELP YOU.

TIME AND HEALTH IS YOUR MOST PRECIOUS COMMODITY

Make the most of both during your transitional period. Use your time wisely! Set the alarm early and start doing all the things you blamed cricket for stopping and that you didn't do. Your health really is your wealth. Be mindful of your inner dialogue and how you talk to yourself. If you are used to being around people through the day and find yourself becoming lonely - make a plan. Change up your routine, get out and meet old friends, network and connect.

This research suggests you are not alone if you do not yet know what you want. Rather than let this bog you down and get stuck, GET BUSY doing and finding out what career path you will enjoy next. Have fun experiencing different environments.

What did you learn most about yourself during your career?

What improvements can you make?

What are the skills you need for the career of your choice? - Model excellence.

Identify who has the skills and model that behaviour and learn the skills.

KEY TIPS

Do things you always put off because of cricket. Spend time with the family, pick the kids up from nursery/school, go on a summer holiday, take up a different hobby in the summer.

Write down your self-esteem blueprint if you need guidance in the next stage of your life:

1 What makes me feel good?

2 What do I enjoy?

3 What gives me doubts, anxiety?

4 How do I reward myself?

5 What are my best qualities as a human being?

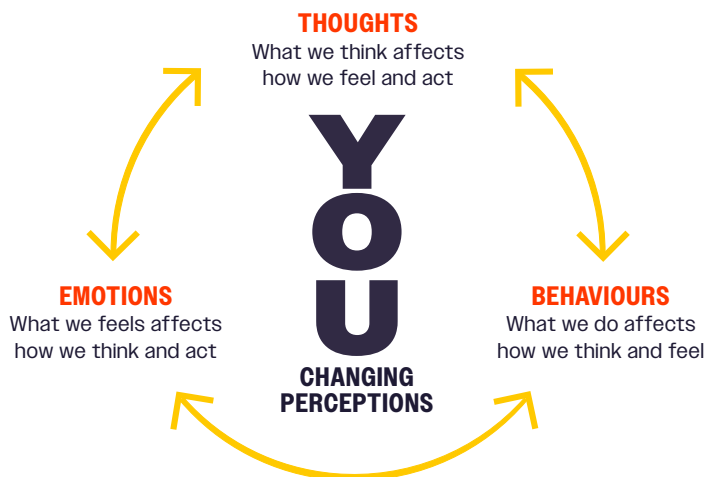
Maintain your competitive edge and sign up to a physical challenge, something that will take commitment and effort. Ask yourself would your current daily routine lead you to your dream job?

If not, what needs addressing?

HABITS, BELIEFS, GOALS & BEHAVIOURS

TRAIN YOUR THINKING

Disrupting your routine as a professional cricketer can negatively affect your thinking. This model below, used in CBT, can help you become more aware of how your thoughts, behaviours and emotions are linked.



KEY TIP

Writing out your short term goals can give you focus. Remember when you achieve them to reward yourself and go again. Small daily wins will compound into strong disciplined habits. Be mindful of your behaviour. Is your behaviour in alignment with your goals, values and beliefs? If it is not then this can be potentially harmful and lead to problems both physically and psychological.



I have absolutely loved setting up and running my own business. The process involves a huge amount of on the job learning and setting new goals as I go. The process of learning everything from running the accounts to developing a marketing strategy has been engaging and stimulating, and my one piece of advice would be to make sure you take the time to understand every aspect of your business before looking to expand. As sports people I think we are naturally motivated to be the best we can be and that will stand us in good stead to run a business.

LYDIA GREENWAY
FORMER ENGLAND WOMEN

MENTAL & PHYSICAL HEALTH

HERE'S A BRIEF GUIDE FROM SPORTING CHANCE OF RECOGNISING PROBLEMS, CREATING ACTION PLANS AND GETTING HELP.

CREATE A DAILY MAINTENANCE PLAN

- Eat three healthy meals a day and drink plenty of water.
- Get exposure to outdoor light for at least 30 minutes.
- Take appropriate medications and vitamin supplements.
- Have 20 minutes of relaxation or meditation time or write in a journal for at least 15 minutes.
- Spend at least half an hour enjoying a fun, affirming, and/or creative activity.
- Check in with a partner or a friend for at least 10 minutes.
- Check in with myself: how am I doing physically, emotionally, spiritually?
- Go to work if it's a workday, don't work if it isn't.

EARLY WARNING SIGNS & TRIGGERS

Early warning signs

- Feeling down, upset, tearful.
- Anxiety and/or nervousness.
- Difficulty remembering or concentrating.
- Lack of self-confidence or self-esteem.
- Lack of motivation.
- Feeling slowed down or sped up.
- Being uncaring and negative.
- Avoiding others or isolating more than usual.
- Inability to relate to others.
- Being obsessed with something that doesn't matter.
- Displaying irrational thought patterns.
- Increased irritability, agitation, restlessness.
- Not keeping appointments.
- Increase in alcohol, tobacco, other drug use.
- Inability to experience pleasure; no interest in sex.

Be aware of common triggers

- Feeling overwhelmed or stressed by life events.
- Arguments with friends or family.
- Being judged, criticised, teased, or put down.
- Spending time with people you don't want to or who treat you badly.
- Spending too much time alone.
- Relationship breakdown.
- Financial problems.
- Physical illness.
- Exposure to anything that makes you feel uncomfortable

ACTION PLAN

What helps	Practical Steps
Structure and routine	Create and stick to your daily maintenance plan whether you feel like it or not.
Connection	Talk to friends or family members daily – maybe ask them if they’ve noticed anything different about you.
Relaxation	Do at least three, 10-minute relaxation exercises each day. Simple exercises described in many self-help books that help you relax through deep breathing and focusing your attention on certain things.
Enjoyable activities	Spend at least one hour involved in an activity you enjoy each day such as exercising, reading or listening to good music.
Delegate	Ask others to take over some of your responsibilities for the day.
Medical support	Depending on the circumstances, check in with your doctor or another healthcare professional.
Professional support	Tell a therapist (fully-funded through Sporting Chance) how you’re feeling and ask them to help you figure out how to take action.

IF YOU FEEL THINGS ARE GETTING WORSE...

If the symptoms become more acute or you have been experiencing them for an extended period, it is important to be extra vigilant and take precautions. Talking to a qualified medical professional, either through the PCA, Sporting Chance, the NHS or other recognised providers is now the first and best next step. Sporting Chance services are fully-funded for all PCA members.

SPORTING CHANCE
24 HOUR HELPLINE
07780 008877
sportingchanceclinic.com

WHERE TO GO FOR SUPPORT & ADVICE

THE PCA CAN OFFER SUPPORT ACROSS MANY AREAS INCLUDING:

Anxiety, Depression & Stress, Addiction (Alcohol, Drugs, Gambling & Food), Coping with injury, Bereavement, Relationship Issues, Anger Management.

thepca.co.uk/health-welfare

REGIONAL PERSONAL DEVELOPMENT MANAGERS

Our dedicated team of regional PDMs are there to support you throughout your cricket career and beyond. For contact details go to page 19.

You can also contact Ian Thomas, Managing Director
(ian.thomas@thepca.co.uk / 07920 575578)

CONFIDENTIAL HELPLINE 07780 008877

This 24hr confidential and free service is designed to support you and your significant others through phone and face-to-face meetings.

THRIVE WELL-BEING APP

The app is free for all PCA members which is clinically proven to help manage stress and mental health using simple, accessible, everyday tools.

Contact your PDM for the access code.

THE CRICKETER'S TRUST

Our registered charity provides support for PCA members and their immediate families when they need it most. For more information about The Cricketers' Trust go to page 22.

WHERE TO FIND US

London Office

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241 Southwark Bridge Road
London SE1 6FP

Birmingham Office

RES Wyatt Stand
Edgbaston
Birmingham B5 7QU





FAMILY TRANSITIONAL ADVICE





Without the support of all my family, especially Tamz and my little girl Marley, I'd be nowhere. They're my inspiration to excel in my post cricket career.

STEVEN CROOK

FORMER NORTHAMPTONSHIRE CCC

ADVICE TO...

THE PLAYER

It is important to have in place a good support network during periods of change.

Although it may seem this change is only affecting you, it is important to be aware of who else in your network may be affected by your transition out the game.

For example, will your partner or family also be experiencing significant changes, such as loss of income, lifestyle adjustments, moving house, or a partner returning to work? If so, it is important to appreciate that they are also transitioning.

In such cases, direct and honest communication about how all parties are managing the change is very important.

Just as you may require support, those around you may also need help and guidance. Grow and use your network to put in place support for each affected family member so that everyone has someone to talk to. If problems develop at home or with certain relationships don't ignore them seek advice and guidance through the PCA or other support networks listed on pages 56-57.

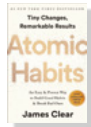
PARTNERS & FAMILY MEMBERS

How can you best support a cricketer as they transition out of the game?

1. Take time to read this manual to become familiar with the realities and challenges of leaving professional sport, and the help available to them and you through the PCA.
2. Remember that each player's experience is unique and some will find the transition easier than others.
3. Talk to them about their thoughts and feelings around leaving the game.
4. Listen to their concerns without judgment, and support them to work out, plan, what they can do to put themselves in the best position to progress through this period of change.
5. If signs or symptoms appear to suggest the player is struggling with the change encourage them to seek appropriate treatment or advice, or ring the PCA confidential helpline for advice on the situation.

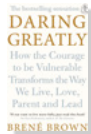
FOR MORE INFORMATION, PLEASE VISIT
thepca.co.uk/health-welfare

RESOURCES TO HELP & INSPIRE



ATOMIC HABITS: AN EASY & PROVEN WAY TO BUILD GOOD HABITS & BREAK BAD ONES BY JAMES CLEAR **MANAGING CHANGE**

James Clear provides practical strategies for building and sustaining positive habits, which can be invaluable during times of transition and personal growth.



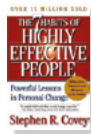
DARING GREATLY: HOW THE COURAGE TO BE VULNERABLE TRANSFORMS THE WAY WE LIVE, LOVE, PARENT, AND LEAD BY BRENÉ BROWN **UNDERSTANDING DEPRESSION**

Brené Brown explores the power of vulnerability and authenticity in cultivating meaningful connections, fostering resilience, and embracing change.



THE COMPOUND EFFECT BY DARREN HARDY **MAKING YOUR LIFE A SUCCESS**

No gimmicks. No Hyperbole. No Magic Bullet. The Compound Effect is based on the principle that decisions shape your destiny. Little, everyday decisions will either take you to the life you desire or to disaster by default. Darren Hardy, publisher of Success Magazine, presents The Compound Effect, a distillation of the fundamental principles that have guided the most phenomenal achievements in business, relationships, and beyond.



THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE BY STEPHEN COVEY **BUSINESS AND SELF-HELP**

Recognised as one of the most influential books ever written. In this seminal work, Stephen R. Covey presents a holistic, integrated, principle-centred approach for solving personal and professional problems. With penetrating insights and pointed anecdotes, Covey reveals a step-by-step pathway for living with fairness, integrity, honesty and human dignity - principles that give us the security to adapt to change, and the wisdom and power to take advantage of the opportunities that change creates.



THE MONK WHO SOLD HIS FERRARI BY ROBIN SHARMA **CHARACTER AND DISCIPLINE**

This inspiring tale is based on the author's own search for life's true purpose, providing a step-by-step approach to living with greater courage, balance, abundance and joy. It tells the story of Julian Mantle, a lawyer forced to confront the spiritual crisis of his out-of-balance life: following a heart attack, he decides to sell all his beloved possessions and trek to India.



THE CHIMP PARADOX BY DR STEVE PETERS **MIND MANAGEMENT**

The Chimp Mind Management Model is based on scientific facts and principles, which have been simplified into a workable model for easy use. It will help you to develop yourself and give you the skills, for example, to remove anxiety, have confidence and choose your emotions. The book will do this by giving you an understanding of the way in which your mind works and how you can manage it. It will also help you to identify what is holding you back or preventing you from having a happier and more successful life.



THE ALCHEMIST BY PAULO COELHO **ENTREPRENEURIAL THOUGHT LEADERS**

This allegorical novel follows the journey of a young shepherd named Santiago as he embarks on a quest to fulfill his dreams, teaching timeless lessons about following one's heart and embracing the unknown.

NATIONAL SUPPORT LINES

Samaritans Emotional support for people experiencing feelings of distress or despair.		24 hr Helpline: 116 123 Website: samaritans.org
Alcoholics Anonymous Support for people struggling with drinking problems.		Helpline: 0800 917 7650 Email: help@aamail.org Website: alcoholics-anonymous.org.uk
Al-Anon Support for families or anyone affected by someone else's struggle with drink.		Helpline: 0800 008 6811 (10am-10pm daily) Email: helpline@al-anonuk.org.uk Website: al-anonuk.org.uk
Mind Information and support relating to mental health.		Phone: 0300 123 3393 (9am-6pm Mon-Fri) Email: info@mind.org.uk Website: mind.org.uk Live Chat available
Beat Eating Disorders We are the UK's eating disorder charity.		Website: beateatingdisorders.org.uk Web Chat available (3-8pm Mon-Fri) England Helpline: 0808 801 0677 (3-8pm Mon-Fri) Email: help@beateatingdisorders.org.uk Wales Helpline: 0808 801 0433 (3-8pm Mon-Fri) Email: waleshelp@beateatingdisorders.org.uk
Cruse Bereavement Care Bereavement support.		Helpline: 0808 808 1677 Website: cruse.org.uk

Narcotics Anonymous (UK) Support for people who have a problem with drugs.	 Helpline: 0300 999 1212 (10am-midnight) Website: ukna.org
GamCare Support for people with gambling problems.	 Helpline: 0808 8020 133 (8am-midnight everyday) (WhatsApp Chat available on same number) Website: gamcare.org.uk
Gam-Anon Support for families or anyone affected by someone else's gambling.	 Website: gamanon.org.uk
Addiction Helper Support for all types of addictions including drink, drugs and gambling.	 Helpline: 0203 835 5959 Email: info@addictionhelper.com Website: addictionhelper.com Live Chat available
FamAnon Support for family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems.	 Helpline: 0207 4984 680 (1-4pm & 6-9pm) Email: office@famanon.org.uk Website: famanon.org.uk
FRANK UK-based service that provides facts, support and advice on drugs and alcohol.	 Phone: 0300 123 6600 Text 82111 Email: frank@talktofrank.com Website: talktofrank.com Live Chat available (2-6pm everyday)
Relate Support for people with relationship Issues.	 Phone (UK): 0300 100 1234 Phone (Wales): 0300 003 2340 (Both available 9:30am-1pm, Mon-Fri) Email: bookings@relate.org.uk Website: relate.org.uk

PCA LEARNING PLATFORM

The PCA Learning Platform provides access to high-quality, bespoke education courses designed to support your personal and professional development throughout your cricket career and beyond.

Available courses cover topics including mental wellbeing, gambling, injury management, social media and more, with new content added regularly. You can access courses anytime and complete them at your own pace.



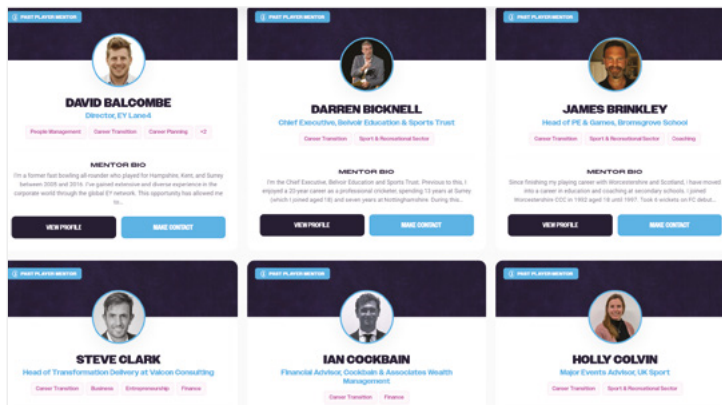
Log in using your PCA website details at:
learn.thepca.co.uk/login

THE PLAYERS' NETWORK

The Players' Network connects current professionals with former players who have volunteered their time as mentors to support your career transition beyond cricket.

Each mentor has experienced the challenges and opportunities of moving on from the game and can offer insight based on their own career journey, experiences and areas of expertise.

Explore the directory to find a mentor who aligns with your interests. To make contact, complete the short form and the PCA will help facilitate an introduction.



Log in using your PCA website details at:
thepca.co.uk/the-players-network/

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**CORRECT AT TIME OF PRINTING.*

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Leaving professional cricket and stepping into the 'real world' can be challenging, but elite sport equips you with resilience, discipline and the ability to perform under pressure. My biggest advice is to discover who you are beyond cricket and find a passion outside the game. Secondly, build relationships with people in industries you admire. You'll quickly realise that the mindset and skills developed in professional sport are invaluable in almost any career.

MATT MACHAN

FORMER SUSSEX CCC & SCOTLAND



MORE ON **THEPCA.CO.UK**

Stay up to date with all things PCA
via our social media channels:

