

Progress DC – Launch of Curricula & Training Materials on Transversal Skills

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The ProgressDC partnership has successfully finalized WP4.1: Curricula & Training Materials on transversal skills necessary for employment. This milestone marks the completion of a robust, multi-language training framework designed to bridge the gap between elite sports and long-term career sustainability.

About ProgressDC

ProgressDC (PROfessional Growth through Education in the Sport Sector by pursuing a Dual Career) is an Erasmus+ project. It directly addresses the reality that professional athletic careers are often intense and short-lived. By developing structured pathways aligned with European competence frameworks, the project protects athletes from the vulnerabilities of age, injury, or sudden retirement.

The initiative actively works on three distinct levels:

- Empowering sports organizations by preparing specialized Dual Career Advisers.
- Equipping athletes with essential soft skills and tailored professional guidance.
- Raising awareness across stakeholders and policy bodies regarding sustainable dual-career pathways.



Key Result: The New Transversal Skills Curriculum

Building directly upon previous research findings, the newly launched curriculum equips learners with high-impact transversal skills that maximize employability, adaptability, and labor market integration. It is tailored specifically for individuals balancing rigorous athletic commitments with professional or vocational development.

The training layout is divided into five standalone, highly progressive modules:

Mod.	Module Title	Duration	Key Focus Areas
1	Communication Skills	4 Hours	Verbal/non-verbal communication, active listening, giving/receiving constructive feedback, and overcoming communication barriers.
2	Teamwork & Collaboration	3 Hours	Managing team dynamics, defining clear roles/responsibilities, conflict resolution, emotional intelligence, and digital collaboration tools.
3	Problem-Solving & Critical Thinking	4 Hours	Systematically approaching complex challenges using analytical thinking models, decision-making frameworks, and creativity techniques.
4	Time & Task Management	4 Hours	Prioritization methodologies (Eisenhower Matrix, SMART goals), productivity optimization, and vital stress and workload management.
5	Digital & Employability Skills	3 Hours	Professional online identity, CV and portfolio development, secure digital communication, and basic cybersecurity awareness.

Implementation and Continuous Quality Evaluation

To ensure immediate, practical use across Europe, the curriculum is entirely modular and adaptable. VET providers, trainers, and sports clubs can deploy it either as stand-alone workshops or as a unified educational pathway.

Every module comes complete with a versatile trainer toolkit:

- Trainer-led materials: Ready-to-use PowerPoint presentations.
- Practical application: Participant worksheets, reflection exercises, and real-life case studies rooted in sports environments.
- Dual-tier assessment: A combination of structured reaction questionnaires (measuring user satisfaction and perceived growth) and formal 10-question multiple-choice learning evaluation tests. This dual-tier framework safeguards compliance with strict European quality assurance standards.

Moving Forward

With the foundational research established and the official curriculum now active, the ProgressDC consortium moves seamlessly into deploying these modules across partner networks. This ensures that current and transitioning athletes have the exact tools required to confidently step into the modern labor market.