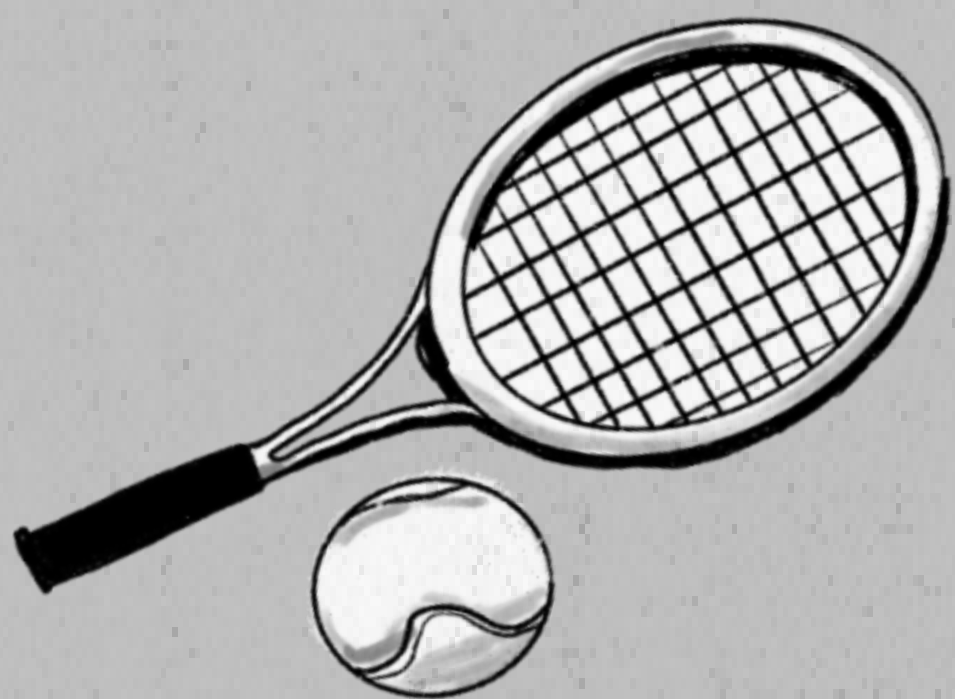




The sport you play...

influence the soft skills

you develop!



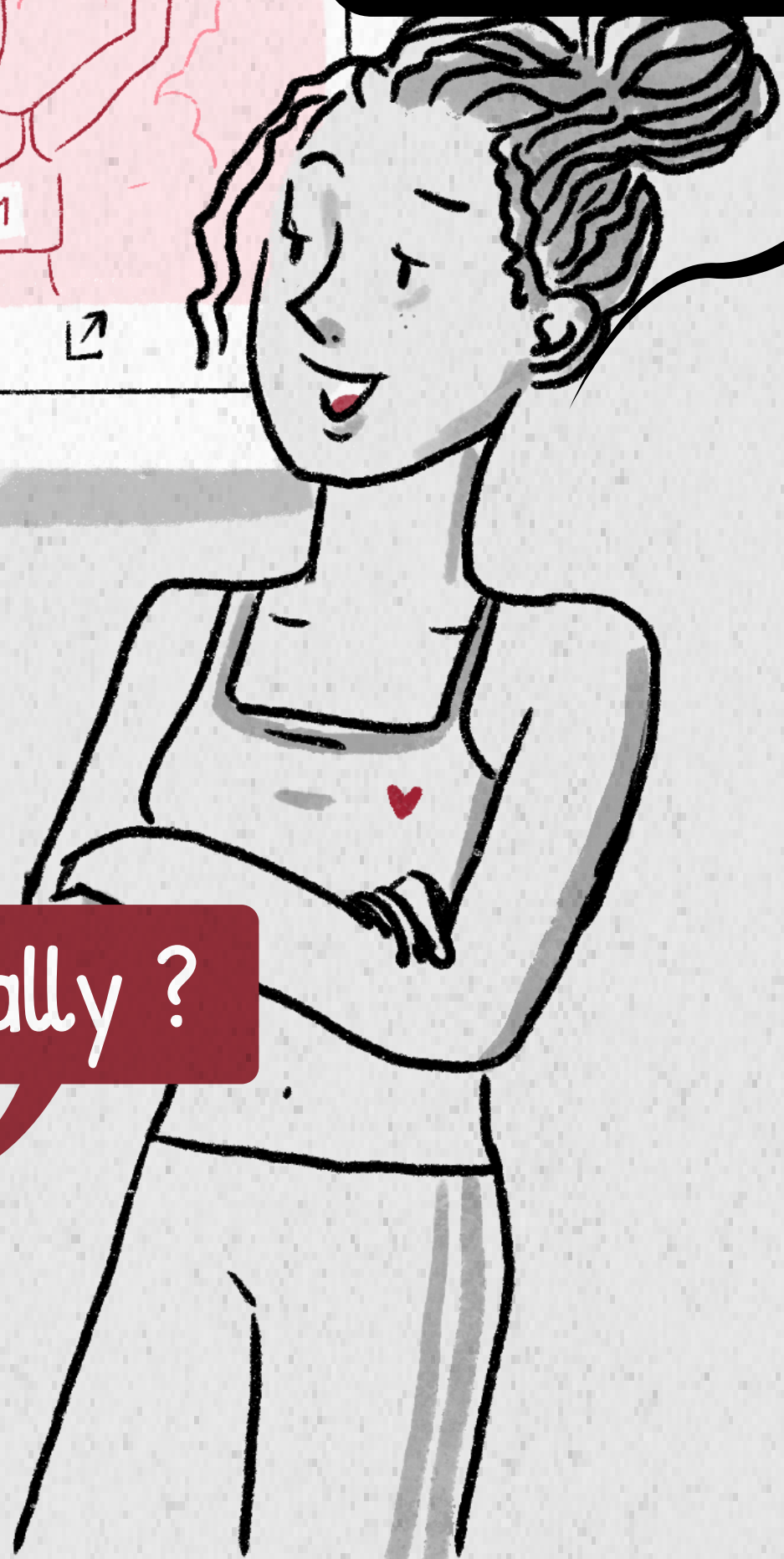
Oh wow...
Congrats on your
1 hour 37 minutes
half-marathon
performance!
But why are you
writing about it on
LinkedIn?



It showcase other
aspects of my
profile, which can
make a difference
in landing a great
job!



Really?



Well, according to this study conducted on 2600 business school students, playing sport can help shape...



personalities,

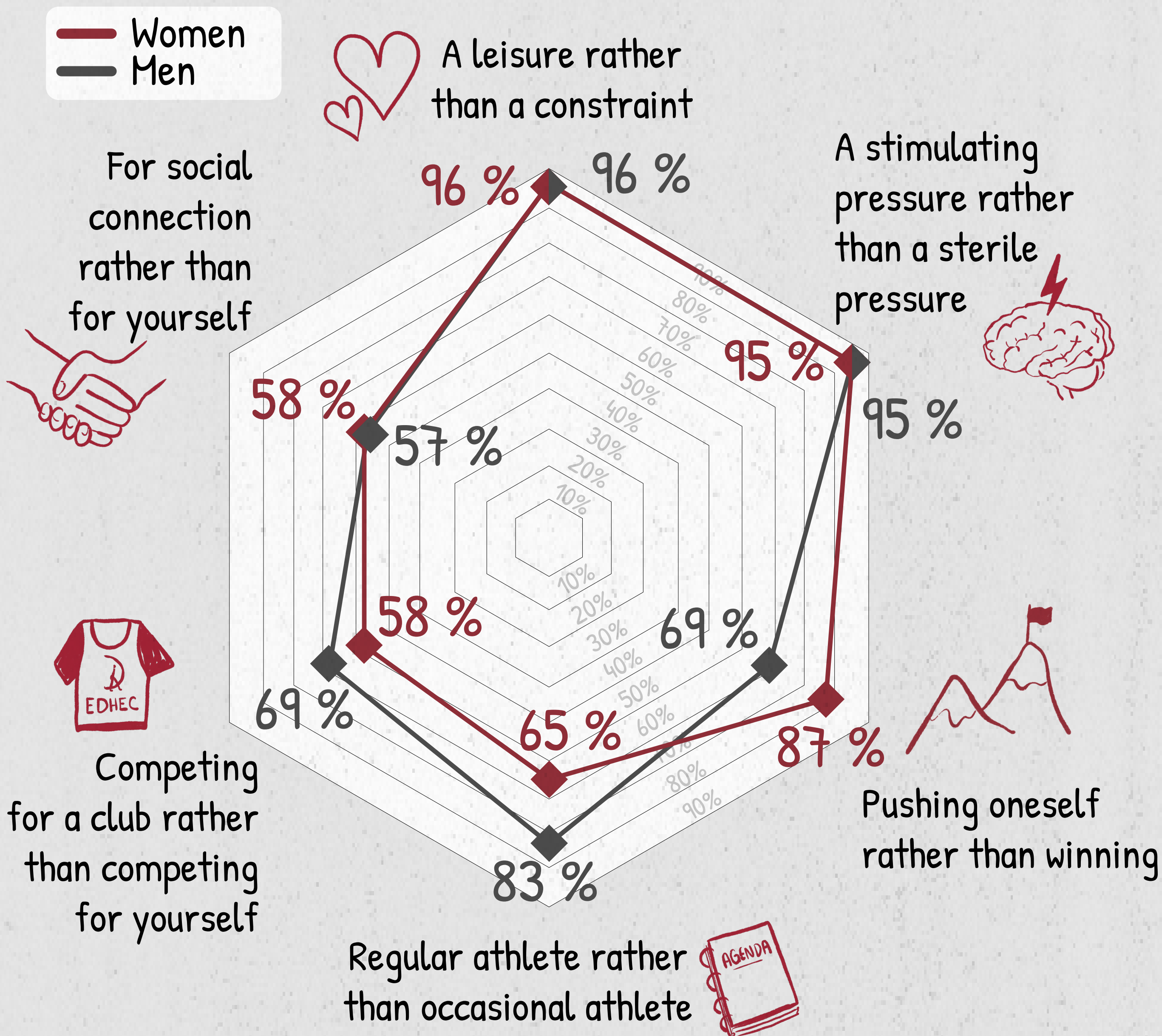
skills,

and even professional projects !

Really ? And how does it work ?

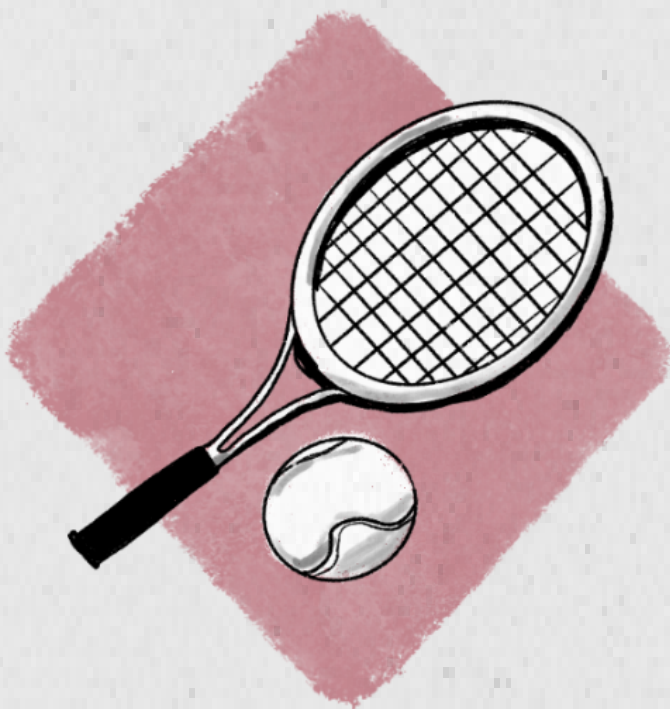
Women and men don't necessarily have the same expectations regarding sport.

Women perceive it more as a means to push themselves.

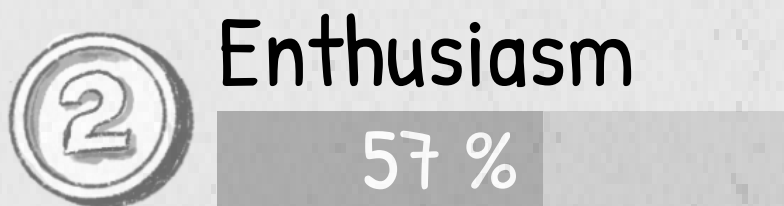


Depending on the sport played,
students develop skills that can be useful
in the professional world

Top 3 skills developed



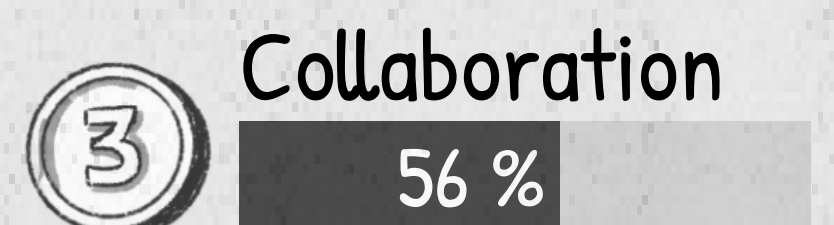
Tennis



Football

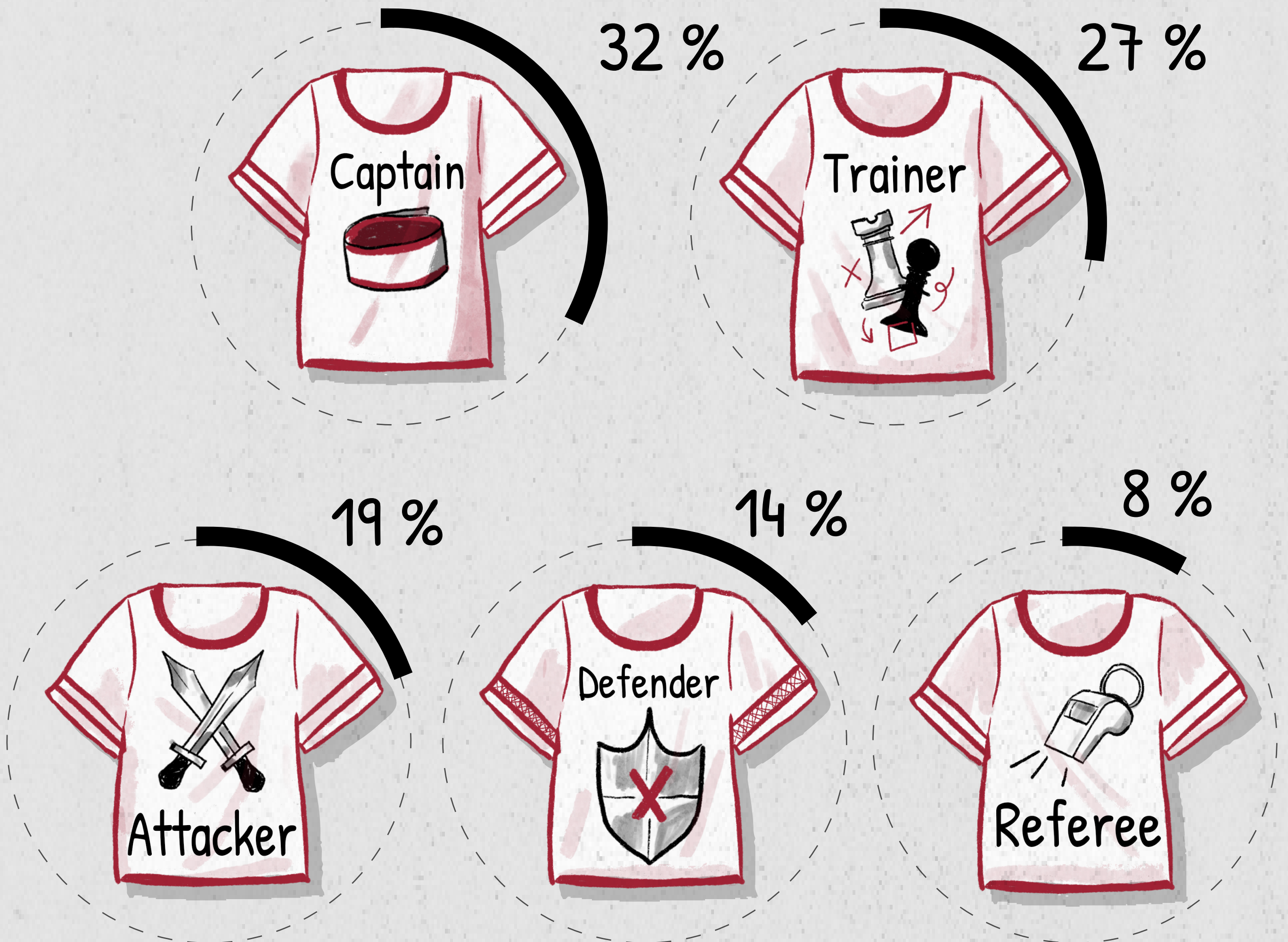


Dance



We then asked students to picture a business as a sports team and to position themselves

◆ Distribution of students among 5 sports profile :



Researchers crossed these findings with previous studies on professional ambition



COMPETITOR

Ambitious, motivated by moving up the hierarchy and receiving a high pay

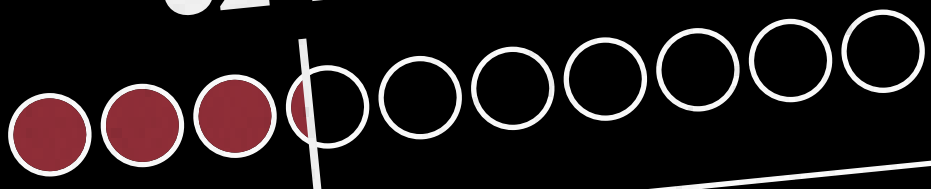
42 % of students



COMMITTED

Driving by general interest, company values, and mission usefulness

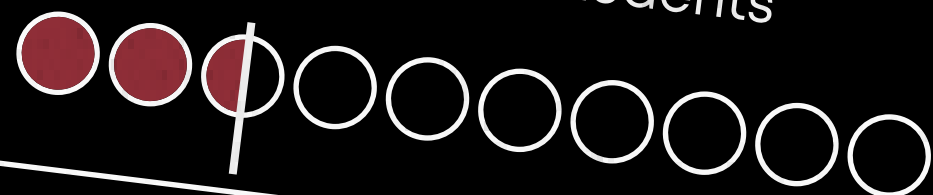
32 % of students



INTRA/ENTREPRENEUR

Focused on innovation, motivated by challenges and freedom of action

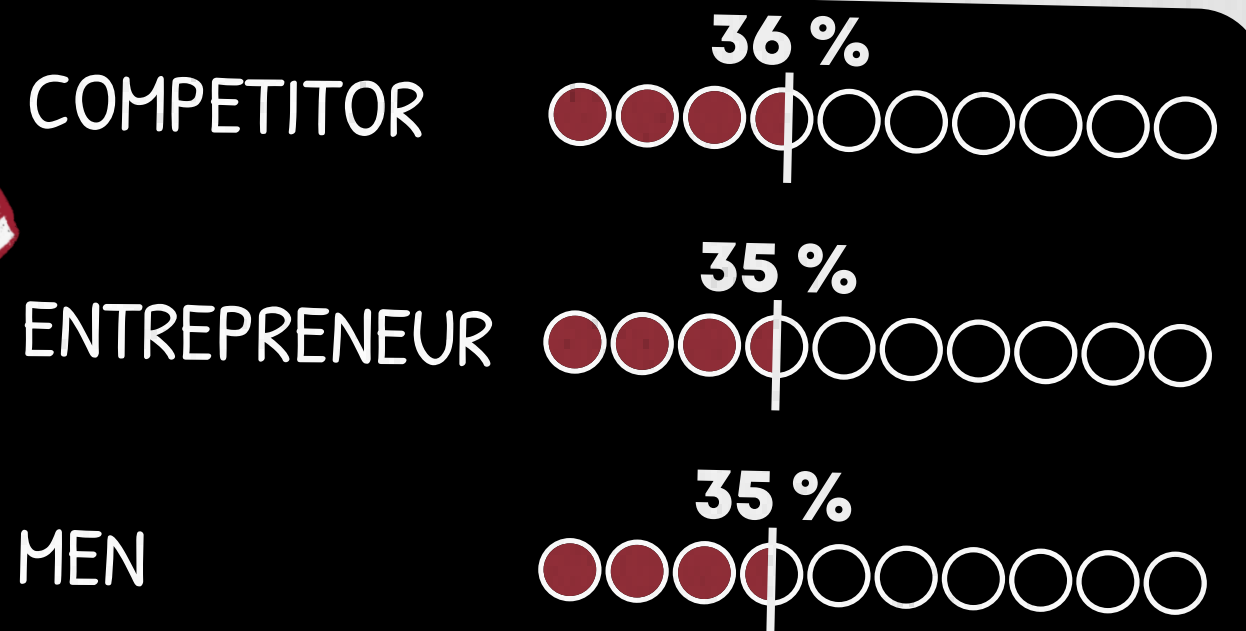
26 % of students



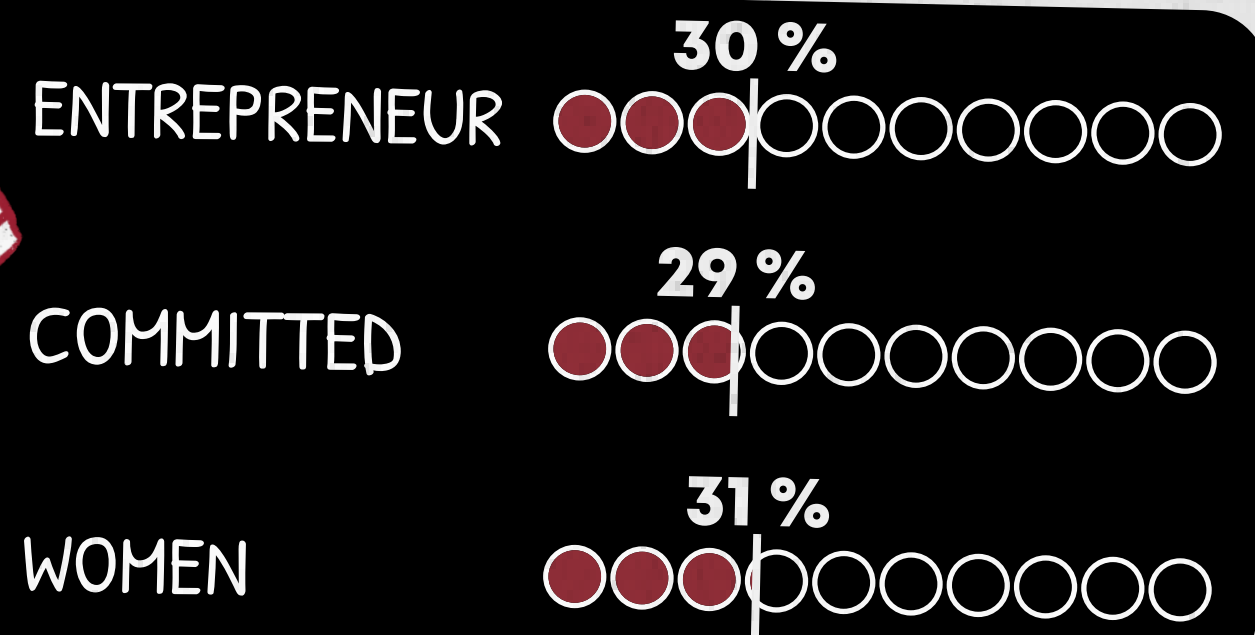
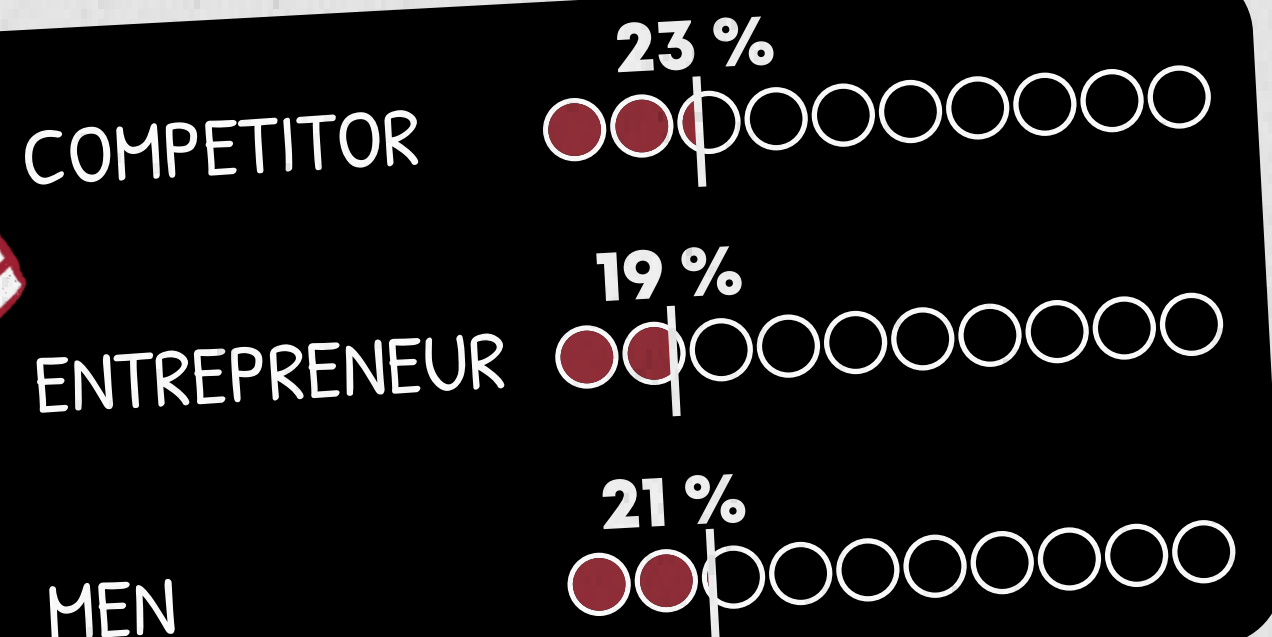
And this is where it gets interesting:
depending on ambition profiles and gender,
choices were different!

Most represented profiles

Captain and attacker
roles are more
often chosen by
competitors and men

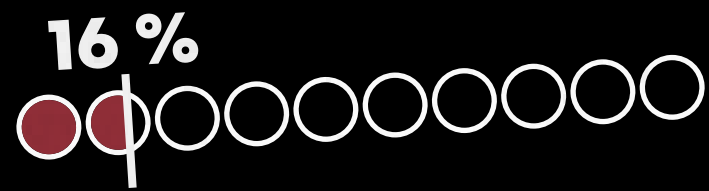


Whereas the role
of **coach** is
preferred by
entrepreneurs
and women





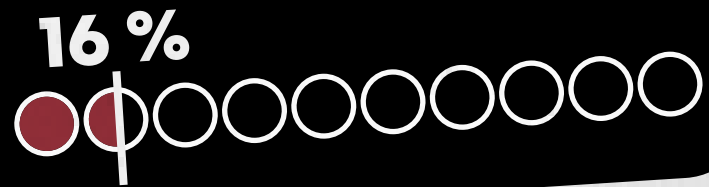
COMMITTED



COMPETITOR



MEN



COMMITTED



COMPETITOR



WOMEN



However, the roles of defenders and referees are more often coveted by the committed profiles than the other profiles!

All of this highlights that playing sports contribute to shaping our careers.



Ok, 1-0, I'm going to train a bit more before posting my future sports achievements...

Sources first.



**Sport et employabilité -
Les NewGen et le sport, du
plaisir et des compétences,
January 2024**

EDHEC NewGen Talent Centre

The NewGen Talent Centre is a research centre at EDHEC. Created in 2013, it focuses on the aspirations, behaviors, and skills of new generations of graduates. This study was based on a survey of 2,616 students from French business schools.