

Helena Hlasova, M.A.

PhD Candidate and Cultural Entrepreneur

☎ (+41) 78 718 9140

✉ hlashelena@gmail.com

📍 Käppeli 1, 6370, Oberdorf, CH

Education

PhD Candidate

Seit 02.2022

Institut for Sport Science, University of Bern

Department of Sport Psychology and Research Methods

Planned defense October 2025: *Redefining retirement: examining the self-concepts and subjective careers of athletes transitioning out of elite sport*

Master of Arts

09.2016 - 02.2019

School of Kinesiology, University of Western Ontario, Canada

Thesis: *Canada's Contribution to Doping-Free Sport*

Bachelor of Arts

09.2011 - 02.2016

Department of Psychology, University of Calgary, Canada

Teaching Experience: Curriculum Development and Implementation

Bachelor Seminars

Since 09.2022

Athletic Career Development and Transitions

Cultural Sport Psychology

Philosophical Questions in Sport

Master's Lecture and Student Exercises

HS22, HS23

Qualitative Research Methods

Community Engagements

Since 11.2021

Founder: RIDE RAWR Women's Cycling Community

- Leading community based product development and sales
- Organising events and coordinating partnerships with key brands
- Creating content and educational material

Since 06.2022

Volunteer Role at Swissprenuer

- Supporting the organisation and execution of Community Events
- Creating content and supporting communications (blog, newsletters etc.)

05 - 10.2017

Youth Ambassador: Canada C3 Expedition

- Participant and ambassador of Leg 15 of the expedition
- Engaging with classrooms across Canada through presentations

Research Experience

Qualitative Research

Since 02.2022

Institute for Sport Science, University of Bernn

Department of Sport Psychology and Research Methods

- Recruiting and holding interviews for the SNF-Projects: Closing a Chapter? A Longitudinal Mixed Methods Study on Retirement from Elite Sport
- Transcription and coding of interviews using narrative methodologies
- Interpretation of data and formulation of findings

Publications

Hlasová, H. & Ronkainen, N. J. (2025). Understanding Continuity in Retired Elite Athletes' Subjective Careers With Career Construction Theory. [Manuscript submitted for publication].

Hlasová, H., Pauha, T., & Ronkainen, N. J. (2024). A Dialogical Self Approach to Self-Innovation and Narrative Continuity in Retirement From Elite Sport. *Journal of Constructivist Psychology*, 1-20. <https://doi.org/10.1080/10720537.2024.2412851>

Schmid, M. J., Hlasová, H., Ronkainen, N. J., Conzelmann, A., & Schmid, J. (2024). Leaving elite sport, abandoning athletic identity? Development and predictors of athletic identity post-retirement. *German Journal of Exercise and Sport Research*, 1-12. <https://doi.org/10.1007/s12662-023-00934-2>

Ronkainen, N. J., Schmid, M. J., Hlasová, H., Örencik, M., Schmid, J., & Conzelmann, A. (2023). Closing a chapter? A protocol for a longitudinal mixed methods study on retirement from elite sport. *BMC psychology*, 11(1), 376. <https://doi.org/10.1186/s40359-023-01422-w>

Additional Skills

English: Native speaker

French: Conversational Proficiency

Swiss German: Conversational Proficiency

Czech: Fluent



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