

Developing Women Sport Leaders Program

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Developing Women Sport Leaders Program Participant - 2017

The Developing Women Sport Leaders Program enabled me to feel more confident within myself and my abilities. It enabled me to understand that even if I feel I can't do something, I will give it a try. Developing a growth mindset is allowing me to maximise my personal and professional potential. This has allowed me to limit the impact of a negative mindset.



The program supported with increasing my confidence in networking which enabled me to establish a support group around me of brilliant role models, both women and men.

The individual coaching sessions gave me the opportunity to speak freely about challenges, and rather than the coach having the answers, they supported me with the tools of answering the questions myself.

The workplace strategic project in particular was a huge highlight and was a great opportunity for me to showcase my skills to a wider audience. This experience enabled me to develop new relationships with organisations and external stakeholders which resulted with my project coming to life with the introduction of the Understanding Autism Spectrum Disorder program through the Office for Recreation, Sport and Racing's coach education

Through being involved in the program, I feel I also gained the confidence to step outside of my 'comfort zone' and pursue new challenges, including saying "yes" to opportunities I might have previously discounted.

Twelve months ago I was given the opportunity to act in a Chief Executive Officer role which has been incredible for my growth. My workplace saw the commitment I had to personal and professional growth and the desire to step up.

I am now comfortable in making the decision to step into a new role with skills I have gained and confidence to consolidate these learnings as I progress my leadership journey. My plans for the coming year are further study, being a mentor to someone, continuing to have a mentor for me. The ultimate plan is to secure a high level executive position but with the knowledge I have an awesome network supporting me all the way.

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