

Developing Women Sport Leaders Program

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Developing Women Sport Leaders Participant – 2016

The Developing Women Sport Leaders Program was an incredibly positive experience for me and provided a huge shift in mindset. I had been so focussed on all the gaps separating me from the Leader I aspired to be that I had neglected to see I had strengths that were actually key attributes to being a Leader and in a way that was authentic to me.



I was challenged to allow myself to be vulnerable to sharing personal goals and experiences and in doing so I experienced significant growth and established a network of other participants and supporters with whom I can still call on with trust and with confidence. Expanding my professional network has provided lots of fun times and counsel during challenging

situations. This has given me the confidence to pursue opportunities and to use these fundamentals to work through and grow from challenges.

The program provided a series of tools to help break down challenges and situations into more actionable steps. The more I used these frameworks, the more familiar they became and the quicker I was able to organise my thoughts sequentially and respond to situations with a greater focus on my desired outcomes.

I looked forward to every workshop and the one-on-one coaching sessions were valuable. For me the strategic workplace project was an opportunity to showcase my organisation and the great work we were doing. I wanted to knock it out of the park as a way of thanking my manager, sponsor, newly acquired mentor and program facilitators for supporting me in the program. Presenting the project in front of Government Executives and state CEOs brought quite a bit of angst but I was determined to harness my strengths and make the most of the opportunity.

I was 7 months pregnant with my second child when I began the Program and my daughter was 4 months old when we finished. While this posed emotional and logistical challenges, I was incredibly fortunate that Katheryn and Kerin's support for Poppy and I ensured it didn't become a barrier to my successful participation in the program.

Since completing the Program I have continued to focus on developing my leadership skills and to be known for my strengths, and with my increased confidence to pursue experiences I may have formerly declined.

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