

Case Study 9



South Australian Sports Institute Women's Coach & Leaders Network

Objective

We will use the power of storytelling to:

- Empower courageous women coaches and leaders across South Australia.
- Give confidence to women to lead at the highest levels of performance sport.
- Organically build communities of practice.
- Link to SASI values of Excellence, Courage, Energy and 1 Team.
- Create a link for our National Generation 2032 Coaches to female leaders outside of their own sport.

Description

The group is led by a collective group of women coaches within SASI and comprises of approximately 20 women coaches. The group uses bi-monthly meetings to create cross sport connection and experiences for coaches and leaders.

The format facilitates social learning, storytelling from our trailblazers and experiences in each other's sporting environments.

From the storytelling and group discussion a theme is chosen to advocate back in everyone's organisation and environment to generate positive change across the SA Sporting system. Key themes discussed to date have been:

- Connect with a work female friend. Don't go it alone.
- Program Leadership
- Checking your training environment is family friendly.



Impacts / Outputs

The network has created informal mentoring, a supportive network for sharing and testing ideas.

We are anticipating that we will have more Coaches and Leaders confident to apply for sporting roles in the years ahead.



Photo courtesy of SASI

Recommendations

In the future we could include some external experts to have in session impact, including trailblazers from outside of sport.

“Serena Williams sums up nicely, where I think the group sits and how we have impact on each other through storytelling and sharing our journeys; “Every woman’s success should be an inspiration to another, we’re strongest when we cheer each other on.”

Christine MacLaren, *Rowing Talent Pathway Coordinator*, South Australian Sports Institute

“I’m proud that we have an active group of women who come together to share experiences, grow their knowledge and encourage each other. I’m confident that we have an environment here that provides opportunity, confidence and belonging. I can’t wait to celebrate success with these women as they achieve great things in sport.”

Keren Faulkner, *SASI Performance Services Manager*, South Australian Sports Institute

Links

[South Australian Sports Institute \(SASI\)](#)

