



Women in High Performance Coaching

SASI Women's Coach & Leaders Network

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Women's Coach & Leaders Network

South Australian Sports Institute



ZERO COST
Investment of time from
Leaders and Coaches



Meetings 4X annually



Led by SASI HP Coach
Development lead,
supported by SASI and AIS
HP Coach Development



20 Women coaches
working in the
performance domain in SA

Aim and Objectives

SASI recognised an opportunity to empower women coaches and leaders through the power of storytelling, connection, and shared learning. The initiative was designed to address the isolation that many women can experience in high-performance sport, build confidence to pursue leadership opportunities, and create stronger cross-sport networks and communities of practice.

Description

The SASI Women's Coaches & Leaders Network is a cross-sport leadership and networking program that brings together approximately 20 women coaches through quarterly meetings. Using storytelling, social learning, and shared experiences, participants build relationships, learn from trailblazers, explore each other's sporting environments, and identify themes that can be championed within their own organisations to create positive system-wide change. The network also connects National Generation 2032 coaches with experienced female leaders from outside their own sports.



Challenges and Opportunities

The program has evolved with the needs of the Coaches involved. Some of our original trailblazers have moved onto National roles with their NSO's.

We are continually asking the coaches what would be beneficial next. It has also become an early contact point for new Coaches that have had an initial HP connection through the AIS Aspire program.

We are exploring the idea of a HP Coaching Mum's gathering

Outcomes

The network has fostered informal mentoring, created a supportive community for sharing ideas and experiences, and strengthened confidence and belonging among women coaches and leaders. The program is expected to encourage more women to pursue coaching and leadership roles while building stronger collaboration and communities of practice across the South Australian sporting system.



Recommendations

- Create regular opportunities for women coaches and leaders to connect across sports and organisations.
- Use storytelling and social learning to build confidence, belonging, and leadership capability.
- Foster informal mentoring relationships and peer-support networks.
- Encourage participants to identify key themes and advocate for positive change within their own environments.
- Include role models, trailblazers, and external experts to broaden perspectives and inspire future leaders.
- Build cross-sport communities of practice that reduce isolation and strengthen collaboration across the sporting system

Application for others

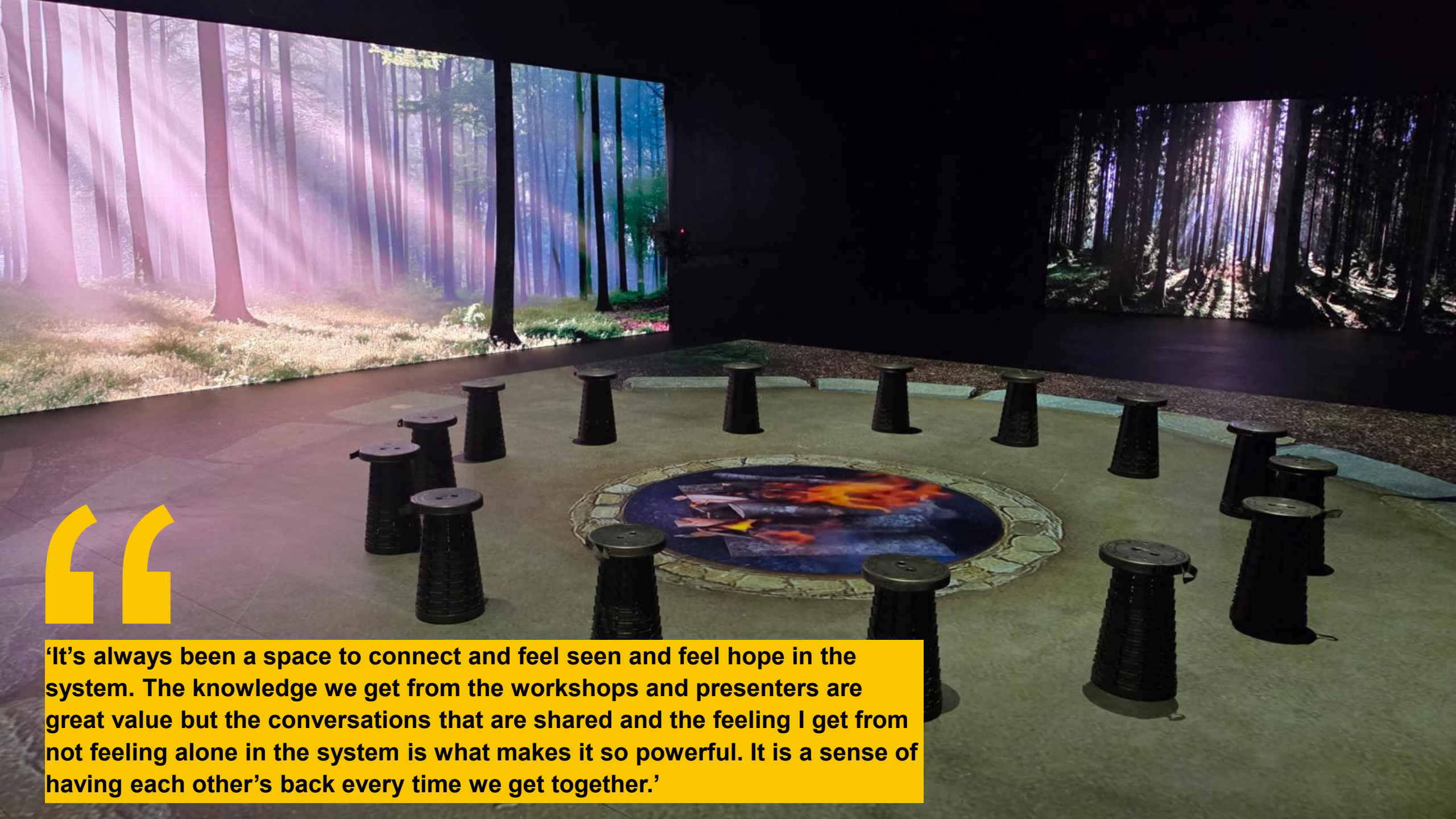
Other sports and organisations can learn that simple, low-cost initiatives that bring women together across sports can have a significant impact on confidence, connection, and leadership development. Creating spaces for storytelling, peer learning, and cross-sport networking can help build supportive communities, reduce professional isolation, and encourage more women to pursue coaching and leadership opportunities.



Igniting Networks and Connections That Impact

LinkedIn Post





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‘It’s always been a space to connect and feel seen and feel hope in the system. The knowledge we get from the workshops and presenters are great value but the conversations that are shared and the feeling I get from not feeling alone in the system is what makes it so powerful. It is a sense of having each other’s back every time we get together.’