

MEDIA RELEASE

Wednesday 6 November 2013

Starts...

Stars Bo De La Cruz & Melanie Hall Help Women's Sport Leaders Shine

Local stars turned international athletes: Bo De La Cruz & Melanie Hall will be guest speakers over the next two days at two workshops for female sports leaders. Women from motorsport to triathlon to dragon boat racing will gather in Darwin this Thursday 7 Nov and Friday 8 Nov to develop their leadership skills and learn from former Australian Sports Commission executive Henny Oldenhove and La Cruz and Hall about their own leadership journeys.

The workshops are being run by the Australian Womensport and Recreation Association (AWRA) in a bid to develop future female leaders capable of taking on new roles within their chosen sports. Leanne Evans, AWRA's Executive Officer said, "These workshops often ignite the spark within and inspire women to take on new roles. Many times, they lack the confidence to take on new challenges and we find the workshops give them a real boost."

"Their organisations also benefit from the ideas the women bring back and put into practice. We find that women return more motivated than ever to make a difference and often the organisation's performance improves too," Evans stated.

Henny Oldenhove, the course presenter will work with the women to review their careers, set goals, and develop a personal plan. Henny advised "Women go away with clear goals on where they should be heading and learn about leadership styles for different situations. For example, they are better able to respond to challenges and make better decisions."

AWRA's workshops form part of its 'Women in Sport Leadership Series' which includes a calendar of events extending into 2014. As a follow up to the courses this week, sports administrators will be invited to attend a "Sundowner Session" on December 5 to look at opportunities for women in sport and active recreation in the NT.

Ends...

Photo opportunities: Workshops are from 9am - 5pm each day at the Rydges Darwin Airport Hotel. Bo De La Cruz & Melanie Hall will be in attendance.

With special thanks to Northern Territory Government, Rydges and Starwin Management for their support.

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