

Maggie Alphonsi

Former Women's Union Rugby Player

High Performance & Resilience Lessons from winning at the highest level, overcoming setbacks, and developing the mindset needed to perform under pressure.

Leadership & Team Culture How trust, communication, and shared purpose create high-performing teams, drawing on experiences from World Cup-winning environments.

Diversity, Equity & Inclusion Why inclusive leadership drives stronger organisations, and practical strategies for creating cultures where everyone can thrive.

Breaking Barriers & Driving Change An inspiring look at challenging stereotypes, navigating male-dominated industries, and leading with courage to create lasting impact.