

# 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.