



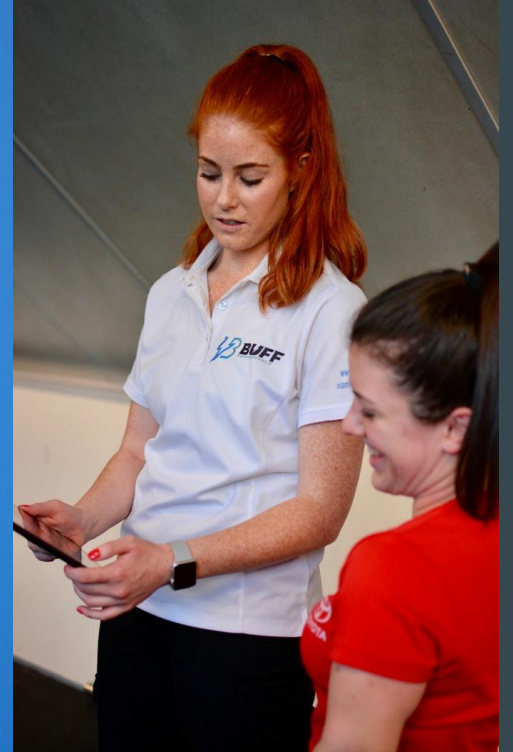
# Niamh Buffini Respect & Allyship for Women in Coaching and Officiating

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CEO Buff Performance | Olympic  
coach Taekwondo Taekwondo Ireland.

# Examples



# WT Taekwondo - Equality

- First ever WT Women's Open World Championships held in 2021.
- All ETU WT are Led by men, however the tide is changing.
- Athletes and coaches have always had the same opportunities in Taekwondo, competition ratio is 50:50.
- Leaders and coaches have always had the same opportunities, however there is still an imbalance in numbers between men and women in leadership roles.
- SDTKD = 41 women and 43 males.
- 1 of 2 clubs in Ireland with a prominent female figure.



# Background & building a presence.

- 5<sup>th</sup> Dan black belt
- First female to achieve this rank in WT Taekwondo in Ireland.
- First female to compete at major events, Europeans, Worlds and Universiade level.
- Accelerated to black belt in half average time.
- Coached from 14 years of age, encouraged by club instructor.
- Navigating in a male environment from 12 years of age.

Fact checking, practicing skills, finding my passion.



# Pivotal moments- work experience

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- Part time roles, in retail changing from menswear to womenswear.
- Business studies degree V's Sport Science.
- NADA – National athletes development academy, S&C 2011-2012.
- 8 years on from NADA-opportunity to take role of athletic development intercounty team.
- 10 years on from Bray Emmets Role- contact to lead S&C for inter county team.

**“Testing a presence and testing the power influence”.**



# Pivotal moments-Professional career

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- Performance Coordinator Taekwondo Ireland.
- Olympic & Paralympic Coach S&C.
- Performance Manager Paralympics Ireland 2016-2019.
  - Opportunity to lead S&C for NAC Swim Club - 4 year,
  - Lead to swim roles within Swim Ireland, Basketball Ireland, Paralympic athletes and Olympic pathway athletes presently.
  - Sponsor and a mentor within PI.
  - Offering respect and giving back on my part.
- Assistant Olympic Coach & Team manager Taekwondo Team Tokyo 2021.

**“Taking the opportunity with both hands and running with it”.**



# What's in the sauce?

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- What you make of it and how you build your character.
- Mentors, squeeze the lemon dry.
- Identify opportunities when they come about - go with it.
- The only thing that stands in our way is US!!

“If in doubt, just do it”.



# The leader in you - leads others

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- See your value in the environment.
- Sporting career (don't drop it).
- Consider why would anyone tell anybody tell that you can't or shouldn't.
- Maintaining relationships (relate, communicate & learn).
- Get involved in something bigger than yourself. (Look for opportunities to give back).
- Leave your inhibitions behind you – (feeling of expectation inhibits you from acting in a relaxed manner).
- Read as much as possible.
- Be microcosmic about everything and care less about how you look.
- Believe in yourself.



**“Don't worry about  
being successful but  
work toward being  
significant and the  
success will  
naturally follow.”**

**- Oprah Winfrey**



The story Continues.....  
Thank you for listening.

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Questions?



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