

RESPECT & ALLYSHIP

How you have worked through your sporting and professional life to get to where you are and the **driving force** to continue?



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How did you form and command
respect with your peers and
superiors?



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What helped to gain respect and
what didn't ?

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How did allies help build a ladder for you to get up?

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Have you constructed a ladder for others to follow you?



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What strengths and attributes do you bring to your life and sports that showcases why diversity and inclusion could be seen as a good thing?

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Three Takeaways

1. People do what people see.
2. If you want good results perform good actions.
3. Good expectations must have goals that are achievable.

