

WIS Leadership Programme

WIS Week Celebration!

Mary Haughney, Swim Ireland President

I was a participant in the first ever Swim Ireland Women in Sport Leadership programme in 2020. The course offers a diverse range of modules covering key skills for Leadership. One of the greatest benefits from the course has been the network of like minded, strong female colleagues, from a wide range of sporting NGB's, that I am now a party to.

Personally, I found the Crisis Management module particularly beneficial. The group interaction throughout the various modules enabled a greater confidence within oneself and I became more confident to take on more challenging roles in swimming. It has definitely helped me in the past year in my role as Swim Ireland President. I would as many women as possible to take on this course!

Gillian Markey, Swim Ireland Board Director

The programme gave me the belief and confidence to move outside my comfort zone and take on more challenging roles which I would not have previously considered. The support from the other women on the programme was amazing, it felt like a real team effort, willing each other to succeed and celebrating those successes. I realised, that whatever level we are operating at within our sport, we all need that support to bolster our confidence and that each of us have something meaningful to contribute.

Helen Desmond, Swim Ireland Board Director

This course helped me reduce my "Imposter Syndrome" from 10 down to a 3! It really helped me find my voice. It has given me the confidence to take on more roles in swimming. Outside of the learnings from the modules, the support of the other participants has given me feeling of belonging and the comfort of knowing that I have a back-up sisterhood.