



GRACE HAMILTON

CAPTAIN, AUSTRALIAN RUGBY WOMEN'S TEAM



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PROFILE

Grace Hamilton is a dynamic speaker renowned for her illustrious rugby career spanning both union and league. A seasoned leader, she captained Australia and led the NSW Waratahs to Super W victories. Representing her country at the Rugby World Cups, Hamilton's adaptability shone as she transitioned to rugby league with the Sydney Roosters. Her expertise in leadership, teamwork, and resilience inspires audiences to embrace change and pursue excellence in all endeavors.

EXPERTISE

Grace Hamilton's unique delivery style as a speaker blends passion with authenticity, captivating audiences with her genuine enthusiasm and relatable storytelling. As a facilitator, she brings a refreshing perspective informed by her experiences in both rugby union and league, offering practical insights into effective leadership, seamless teamwork, and navigating transitions with resilience. Hamilton's ability to connect with her audience on a personal level fosters an engaging and interactive environment, empowering individuals to harness their potential and drive positive change in their lives and careers.

KEY TOPICS

World class performance tools:

- Personal strategies and techniques to rise to perform successfully on the world stage
- Build the mindset that sustains peak performance over years

Leadership: Harnessing Others' Strengths for Team Success

- Leverage collective strengths to maximise team performance under extreme pressure
- Create a team culture amongst high performers that takes performance to the next level