LockerRoom Story: Case Study - Rushlee Buchanan

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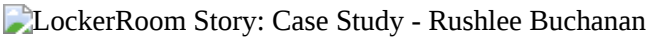

Co-authored by Suzanne McFadden - LockerRoom

The transition from successful high performance athlete to rookie coach was a big challenge for three time Cycling Olympian and four time world champion medalist, Rushlee Buchanan.

But Rushlee credits High Performance Sport NZ's Te Hāpaitanga programme, the 18-month programme designed to enable more New Zealand women to pursue a career in high performance coaching, with helping her overcome her initial reservations about a post athlete career in coaching.

Rushlee talked with LockerRoom's editor, Suzanne McFadden, about the journey which has made her discover her love of coaching.

https://www.newsroom.co.nz/lockerroom/cycling-great-dodges-potholes-in-life-after-sport

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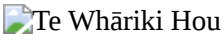

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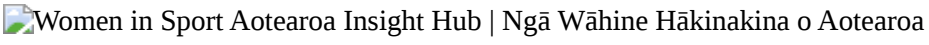
Close panel 

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