Play to Lead: The Generational Impact of Sport on Women’s Leadership

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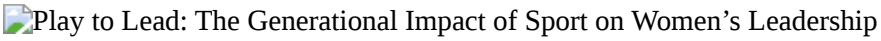

Co-authored by Women’s Sports Foundation

This new report is a groundbreaking study that reveals the cross-generational impacts of girls’ and women’s sports participation on leadership. The research illuminates the skills, traits, and experiences developed through youth sports and how they connect to leadership outcomes in adulthood. With survey respondents ranging in age from 20 to 80 years old, the research also provides insight into the shifting barriers to sports participation for girls and women across the generations, and the impacts of Title IX.

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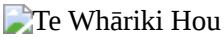

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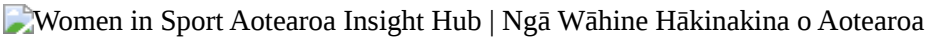
Close panel 

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