Although Kappa Kappa Gamma, the B.E.S.T (Business Excellence Scholarship Team) program and my job in the Department of Management at the Hankamer School of Business were formative, it was what I learned on the rugby field that has helped me navigate my professional life.

You are not expected to know everything.
I never played or watched a rugby match before trying out. I like team sports and wanted for it. Professionally, admit when you do not know something and then be proactive to learn it or identify the right people to help. Take risks, seek stretch roles and learn to navigate in ambiguity. When you come out the other side having accomplished something new, it feels good and builds confidence to do it again.

Embrace diversity.
Rugby opened me up to an entirely different group of friends. It also taught me that women can play rugby too! After graduating from Baylor, I went into technology consulting and often was one of the few women in the room. After my MBA, I got a job on Wall Street at Goldman Sachs. As a woman in finance, I see it as my responsibility to attract additional women to the field of investments.

Mentor, don’t manage.
A good coach helps you succeed on the field. A great coach helps you succeed in life. As a manager, I look for the potential in my employees and strive to create opportunities for it to be realized. I look to create a culture based on trust, where feedback is direct and immediate. There is an authentic sense of accountability in a mentor/mentee relationship while management is purely focused on key performance indicators. Talent development is critical to drive future success.

Be a connector, not just a networker.
I played scrumhalf, the link between the forwards and backs. A connector continually thinks about giving back, recognizing one plus one equals three. A networker is coming at it through the lens of, what is in it for me, what can I get out of this relationship. Develop a mentality of “we” against “me.” Start now. Grow up with your peers throughout your career. I have been told my ability to connect with people is my superpower and my network is the result of years of bringing people together and watching the magic happen.

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When people see rugby on my resume, they are shocked. The element of surprise can be fun, engaging and provocative.

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