

 Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)
[Rangahau](#)
- [Events](#)
[Hui](#)
- [Partnerships](#)
[Rangapū](#)
- [Impact](#)
[Whakaaweawe](#)
- About
Mō Mātou
 - [Overview](#)
 - [History](#)
 - [Support](#)
-  [0](#)
[Saved](#)

 [0](#) Saved


 EN ▾

- [Sign in](#)
- [Submit](#) >

  Toggle navigation [Submit](#) >

LockerRoom Story: Case Study - Rushlee Buchanan

Theme:
Leadership

 LockerRoom Story: Case Study - Rushlee Buchanan

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>



Save this Insight



Print this Insight



Download Insight assets
For use in your own documents

Was this Insight helpful?



Share this Insight



[Facebook](#)



[Twitter](#)



[Email](#)



Copy this page's URL



Save this Insight



Print this Insight



Download Insight assets



[Email this Insight](#)

✕ Close 'Download Insight Assets' modal

 **Download Insight assets**

- [LockerRoom Story: Case Study - Rushlee Buchanan.pdf](#)
- [Rushlee 2.jpg 1.4MB JPG](#)

Was this Insight useful?



Similar Insights (112)

[Young Pacific Leaders Women's Sports Programme](#)

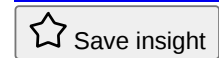


Leadership

Young Pacific Leaders Women's Sports Programme

By Merran Brockie-David - Women in Sport Aotearoa

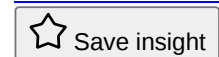
[Football Victoria Making Change](#)



Leadership

Football Victoria Making Change

[Female full-court press in basketball takeover](#)

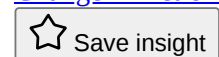


Leadership

Female full-court press in basketball takeover

By Suzanne McFadden - LockerRoom

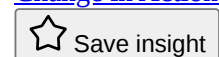
[Change in Action Week - Innovative Impact FINALIST - Cambridge FC](#)



Leadership

Change in Action Week - Innovative Impact FINALIST - Cambridge FC

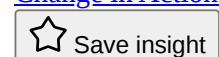
[Change in Action Week - Wāhine Toa FINALIST - Macarena Carrascosa](#)



Leadership

Change in Action Week - Wāhine Toa FINALIST - Macarena Carrascosa

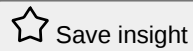
[Change in Action Week - Dad's as Allies FINALIST - Dan Doland](#)



Leadership

Change in Action Week - Dad's as Allies FINALIST - Dan Doland

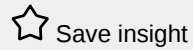
[Change in Action Week - Digital Innovation FINALIST - Brad Lenko](#)



Leadership

Change in Action Week - Digital Innovation FINALIST - Brad Lenko

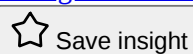
[Change in Action Week - Wāhine Toa FINALIST - Te Aroha Papanui-Hunt](#)



Leadership

Change in Action Week - Wāhine Toa FINALIST - Te Aroha Papanui-Hunt

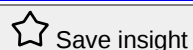
[Change in Action Week - Pioneer of Change FINALIST - Dino Michalakis](#)



Leadership

Change in Action Week - Pioneer of Change FINALIST - Dino Michalakis

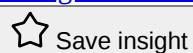
[Akarana Falcons front with all-female coaching staff](#)



Leadership

Akarana Falcons front with all-female coaching staff

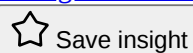
[Change in Action Week - Dad's as Allies FINALIST - Tyson Waina](#)



Leadership

Change in Action Week - Dad's as Allies FINALIST - Tyson Waina

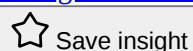
[Change in Action Week - Pioneer of Change FINALIST - Crispian Stewart](#)



Leadership

Change in Action Week - Pioneer of Change FINALIST - Crispian Stewart


[Change in Action Week - Pioneer of Change Winner - Kimberley Kan](#)



Leadership

Change in Action Week - Pioneer of Change Winner - Kimberley Kan


[Change in Action Week - Wāhine Toa Winner - Shanee Kiriau](#)

 Save insight

Leadership

Change in Action Week - Wāhine Toa Winner - Shanee Kiriau


[Change in Action Week - Dad's as Allies Winner - Ben Quane](#)

 Save insight

Leadership

Change in Action Week - Dad's as Allies Winner - Ben Quane


[Play to Lead: The Generational Impact of Sport on Women's Leadership](#)

 Save insight

Leadership

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

[Rise & Thrive Coaching Course - Manawatū](#)


 Save insight

Leadership

Rise & Thrive Coaching Course - Manawatū

By Merran Brockie-David - Women in Sport Aotearoa

[Whanake o te Kōpara - Four Year Impact Report](#)


 Save insight

Leadership

Whanake o te Kōpara - Four Year Impact Report

By Merran Brockie-David - Women in Sport Aotearoa

[NZC prioritise understanding of Female Athlete Health](#)

 Save insight

Leadership

NZC prioritise understanding of Female Athlete Health

By Jess Davidson - New Zealand Cricket

[Whanake o te Kōpara case study - Daneka Geaney-Jones](#)

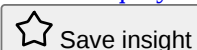
 Save insight

Leadership

Whanake o te Kōpara case study - Daneka Geaney-Jones

By Merran Brockie-David - Women in Sport Aotearoa

[Gender Equity in Coaching Webinar](#)

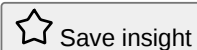


Leadership

Gender Equity in Coaching Webinar

By Canadian Women & Sport - Canadian Women & Sport

[Women and Girls Referees: Building a Transformative Infrastructure](#)



Leadership

Women and Girls Referees: Building a Transformative Infrastructure

By Sarah Leberman MNZM - Women in Sport Aotearoa

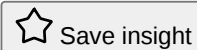
[One woman, two chairs at top of NZ sport](#)



Leadership

One woman, two chairs at top of NZ sport

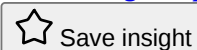
[2022 IWG: Kirsten Spencer - Gender and variation of experience, background and aspiration on leadership](#)



Leadership

2022 IWG: Kirsten Spencer - Gender and variation of experience, background and aspiration on leadership

[Tātāwhāinga - Episode 10: Gender Equity](#)

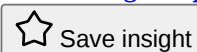


Leadership

Tātāwhāinga - Episode 10: Gender Equity

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 9: Sport Leadership](#)




Leadership

Tātāwhāinga - Episode 9: Sport Leadership

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 8: Leadership in Action: The Shift Foundation](#)


 Save insight

Leadership

Tātāwhāinga - Episode 8: Leadership in Action: The Shift Foundation

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 4: Athletes: Humans or Commodities Part 1](#)


 Save insight

Leadership

Tātāwhāinga - Episode 4: Athletes: Humans or Commodities Part 1

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 3: Commercial Sports Organisations: a Case Study of the Hurricanes](#)


 Save insight

Leadership

Tātāwhāinga - Episode 3: Commercial Sports Organisations: a Case Study of the Hurricanes

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 2: Sport Governance and Funding with Raelene Castle](#)


 Save insight

Leadership

Tātāwhāinga - Episode 2: Sport Governance and Funding with Raelene Castle

By Erin Roxburgh - Women in Sport Aotearoa

[The Aotearoa Legacy](#)


 Save insight

Leadership

The Aotearoa Legacy

By Peta Forrest - Women in Sport Aotearoa

[Young Women's Leadership Programme](#)


 Save insight

Leadership

Young Women's Leadership Programme

By Sarah Leberman MNZM - Women in Sport Aotearoa

[IWG 2022 Progress Report](#)

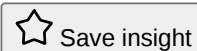
 Save insight

Leadership

IWG 2022 Progress Report

By Robyn Cockburn - LUMIN

[Women & Girls Action Plan](#)



Leadership

Women & Girls Action Plan

By Maddi Mclean - Sport New Zealand

[Ako Wāhine: Journey of Learning](#)



Leadership

Ako Wāhine: Journey of Learning

By Heather Dawson - New Zealand Rugby

[Gender and Variation of Experience](#)



Leadership

Gender and Variation of Experience

By Kirsten Spencer - Auckland University of Technology

[New Zealand Coach selected for Inaugural FIBA / WABC Female Instructor Course](#)

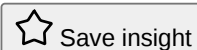


Leadership

New Zealand Coach selected for Inaugural FIBA / WABC Female Instructor Course

By Amy McClintock - Basketball New Zealand

[Most kids are only coached by men in junior sport – women need to be part of the picture, too](#)



Leadership

Most kids are only coached by men in junior sport – women need to be part of the picture, too


[Charmaine Smith cherishing opportunity to play international rugby.](#)



Leadership

Charmaine Smith cherishing opportunity to play international rugby


[Professional athletes share the struggle of motherhood and their careers](#)

 Save insight

Leadership

Professional athletes share the struggle of motherhood and their careers


[Te Hāpaitanga's role in advancing women in high performance coaching](#)

 Save insight

Leadership

Te Hāpaitanga's role in advancing women in high performance coaching


[Keeping our Olympians cool, calm and bug-free](#)

 Save insight

Leadership

Keeping our Olympians cool, calm and bug-free


[King's Birthday honours](#)

 Save insight

Leadership

King's Birthday honours


[Case Study – Annalie Longo - LockerRoom](#)

 Save insight

Leadership

Case Study – Annalie Longo - LockerRoom


[IWG: Mel Johnston - Women in Community Sport Club Leadership](#)

 Save insight

Leadership

IWG: Mel Johnston - Women in Community Sport Club Leadership

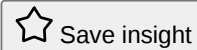
[Te Hāpaitanga: Women breaking boundaries and reshaping sports leadership in New Zealand](#)

 Save insight

Leadership

Te Hāpaitanga: Women breaking boundaries and reshaping sports leadership in New Zealand

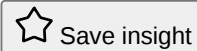
[Young Women's Leadership Opportunity Provides Huge Value](#)



Leadership

Young Women's Leadership Opportunity Provides Huge Value

[Value of your network – Whanake o te Kōpara - Ellie Eastwood](#)



Leadership

Value of your network – Whanake o te Kōpara - Ellie Eastwood

[Chiefs create tie to assist women's rugby in New Zealand and Japan](#)



Leadership

Chiefs create tie to assist women's rugby in New Zealand and Japan

[Trailblazing surf star lines up new gig](#)



Leadership

Trailblazing surf star lines up new gig

[Sport NZ announces 2024 Sport And Recreation Award Winners](#)



Leadership

Sport NZ announces 2024 Sport And Recreation Award Winners

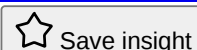
[Women in Sport Recruitment and Retention Guidelines](#)



Leadership

Women in Sport Recruitment and Retention Guidelines

[Pacific Leadership Programme - Impacting Pacific Women & Girls](#)

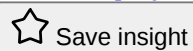


Leadership

Pacific Leadership Programme - Impacting Pacific Women & Girls

By Merran Brockie-David - Women in Sport Aotearoa

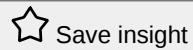
[Gender Equity is Good Governance – Lessons from the Sport Sector](#)



Leadership

Gender Equity is Good Governance – Lessons from the Sport Sector

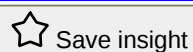
[IWG: Sanna Erdogan - Resilient Pioneers: Top Level Women Coaches in Martial Arts](#)



Leadership

IWG: Sanna Erdogan - Resilient Pioneers: Top Level Women Coaches in Martial Arts

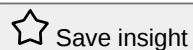
[IWG: Emma Evans - Advancing leadership across the Pacific](#)



Leadership

IWG: Emma Evans - Advancing leadership across the Pacific

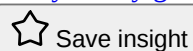
[2022 IWG Lightning Talk: Araba Chintoh -Transgender Players and Girls & Women's Sport: How Your Sport Can Make the Most Informed Decision.](#)



Leadership

2022 IWG Lightning Talk: Araba Chintoh -Transgender Players and Girls & Women's Sport: How Your Sport Can Make the Most Informed Decision.

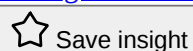
[Ricky Henry given green light to continue leading Kiwi Ferns while also coaching Cowboys](#)



Leadership

Ricky Henry given green light to continue leading Kiwi Ferns while also coaching Cowboys

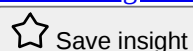
[Strategies that Male Allies Use to Advance Women in the Workplace](#)



Leadership

Strategies that Male Allies Use to Advance Women in the Workplace

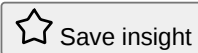
[Trailblazing basketballer making history in All Blacks management](#)



Leadership

Trailblazing basketballer making history in All Blacks management

[REPORT: ANALYSIS OF CAREER PATHWAYS OF BRITISH POSTHOLDERS IN INTERNATIONAL SPORT GOVERNANCE](#)

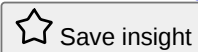


Leadership

REPORT: ANALYSIS OF CAREER PATHWAYS OF BRITISH POSTHOLDERS IN INTERNATIONAL SPORT GOVERNANCE

By Sarah Leberman MNZM - Women in Sport Aotearoa

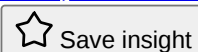
[Kiwi breaks the grass ceiling](#)



Leadership

Kiwi breaks the grass ceiling

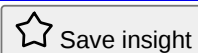
[Grief, recriminations, then gold: How the wheel has turned for Cycling NZ](#)



Leadership

Grief, recriminations, then gold: How the wheel has turned for Cycling NZ

[Pacific Women's Leadership Programme - Host organisation impact](#)

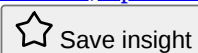


Leadership

Pacific Women's Leadership Programme - Host organisation impact

By Merran Brockie-David - Women in Sport Aotearoa

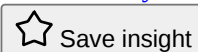
[Women, Sport & Governance](#)



Leadership

Women, Sport & Governance

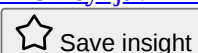
[Ann Downey: Great female coaches are there, they just need to be asked](#)



Leadership

Ann Downey: Great female coaches are there, they just need to be asked


[The Reykjavík Index for Leadership](#)



Leadership

The Reykjavík Index for Leadership


['I'm saying this for the first time': AB's manager's road to the top](#)

 Save insight

Leadership

'I'm saying this for the first time': AB's manager's road to the top


[Megan Compain: NZ's First Pro Basketball Player in the USA & All Blacks' New Commercial Manager](#)

 Save insight

Leadership

Megan Compain: NZ's First Pro Basketball Player in the USA & All Blacks' New Commercial Manager


[Lisa O'Keefe: Uniting women's sport across the world \(Podcast\)](#)

 Save insight

Leadership

Lisa O'Keefe: Uniting women's sport across the world (Podcast)


[Sports Management Training Programme empowering women in Africa](#)

 Save insight

Leadership

Sports Management Training Programme empowering women in Africa


[Bringing Gender in Tool](#)

 Save insight

Leadership

Bringing Gender in Tool


[Celebrating Champions of Change: Helene Wilson](#)

 Save insight

Leadership

Celebrating Champions of Change: Helene Wilson


[How can we best support women with family or caregiving responsibilities to excel as a high-performance coach?](#)

 Save insight

Leadership

How can we best support women with family or caregiving responsibilities to excel as a high-performance coach?


[Celebrating Champions of Change: Rebecca Rolls](#)

 Save insight

Leadership

Celebrating Champions of Change: Rebecca Rolls

[Pacific Women's Leadership impact: Pualele Craig](#)


 Save insight

Leadership

Pacific Women's Leadership impact: Pualele Craig

By Merran Brockie-David - Women in Sport Aotearoa


[5 4 3 2 1 Paris: Luuka Jones](#)

 Save insight

Leadership

5 4 3 2 1 Paris: Luuka Jones

[Whanake o te Kōpara impact - 2023 Alumnae Kylie Heihei](#)

 Save insight

Leadership

Whanake o te Kōpara impact - 2023 Alumnae Kylie Heihei

[IWG: Fran McEwen - Whanake o te Kōpara: co-designing a leadership programme for young women](#)

 Save insight

Leadership

IWG: Fran McEwen - Whanake o te Kōpara: co-designing a leadership programme for young women

[Launch of Basketball New Zealand Emerging Leaders Programme!](#)

 Save insight

Leadership

Launch of Basketball New Zealand Emerging Leaders Programme!

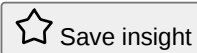
[Wonder Women: Women Who Lead initiative launched](#)

 Save insight

Leadership

Wonder Women: Women Who Lead initiative launched

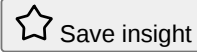
[IWG: Michelle DeHighden - Developing our NextGEN Female Coaches](#)



Leadership

IWG: Michelle DeHighden - Developing our NextGEN Female Coaches

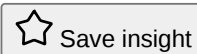
[Kiwi Yarns podcast: Kiwi rower Emma Twigg on what it takes to be an Olympic champion](#)



Leadership

Kiwi Yarns podcast: Kiwi rower Emma Twigg on what it takes to be an Olympic champion

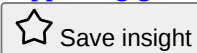
[Black Ferns leader's momentous rugby deal](#)



Leadership

Black Ferns leader's momentous rugby deal

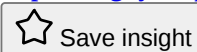
[Supporting good governance through board gender diversity](#)



Leadership

Supporting good governance through board gender diversity

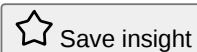
[Super Rugby Aupiki: Return to rugby daunting proposition for new mum, former Black Fern Chelsea Semple](#)



Leadership

Super Rugby Aupiki: Return to rugby daunting proposition for new mum, former Black Fern Chelsea Semple

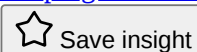
[New research reveals how sports clubs manage integrity issues - AUT](#)



Leadership

New research reveals how sports clubs manage integrity issues - AUT

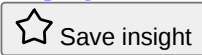
[Shaping attitudes: Exposure to women coaches and officials influences children and parent perceptions](#)



Leadership

Shaping attitudes: Exposure to women coaches and officials influences children and parent perceptions

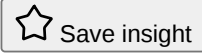
[Shaping Attitudes: Exposure to Women Coaches and Officials Influences Children and Parent Perceptions](#)



Leadership

Shaping Attitudes: Exposure to Women Coaches and Officials Influences Children and Parent Perceptions

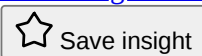
[IWG: Helene Wilson - What happens when you create space in the system - Women in HP Sport Pilot](#)



Leadership

IWG: Helene Wilson - What happens when you create space in the system - Women in HP Sport Pilot

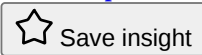
[Enhancing Participation Pathways for Women Coaches in Community Sport](#)



Leadership

Enhancing Participation Pathways for Women Coaches in Community Sport

[A development experience to remember](#)

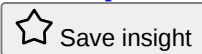


 Leadership

Leadership

A development experience to remember

[A development experience to remember](#)



Leadership

A development experience to remember

[Parents Guide to getting young women and girls physically active](#)

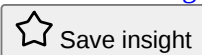


Leadership

Parents Guide to getting young women and girls physically active

By Briana irving - Aktive - Auckland Sport & Recreation

[HERA Coaching Young Women and Girls Toolkit](#)



Leadership

HERA Coaching Young Women and Girls Toolkit

By Briana irving - Aktive - Auckland Sport & Recreation

[IWG: Alexia Lopes - "No tits in the pits!": An exploratory research of female leaders in motorsports](#)



Leadership

IWG: Alexia Lopes - "No tits in the pits!": An exploratory research of female leaders in motorsports

[IWG: Vaidehi Vaidya, Women in Sport India - Mentoring the future leaders of women's sports](#)



Leadership

IWG: Vaidehi Vaidya, Women in Sport India - Mentoring the future leaders of women's sports

[IWG: Tania Cassidy & Jessica Fuller - Building capability in NZ female football coaches: The journey of a mentor and mentee.](#)



Leadership

IWG: Tania Cassidy & Jessica Fuller - Building capability in NZ female football coaches: The journey of a mentor and mentee.

[Hera principles](#)



Leadership

Hera principles

By Briana irving - Aktive - Auckland Sport & Recreation

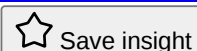
[IWG: Sari Tuunainen - Coach Like a Woman in Combat Sports](#)



Leadership

IWG: Sari Tuunainen - Coach Like a Woman in Combat Sports

[IWG: Hanna Huuonen - Bye bye, binary! Introducing intersectionality in sports instructing](#)



Leadership

IWG: Hanna Huuonen - Bye bye, binary! Introducing intersectionality in sports instructing


[IWG: Akane Mikura - JBA progress of developing women coach](#)



Leadership

IWG: Akane Mikura - JBA progress of developing women coach

[Te Whāriki Hou- Te Mana o te Wahine](#)

 Save insight


 Te Whāriki Hou

Leadership

Te Whāriki Hou- Te Mana o te Wahine

By Amy McClintock - Basketball New Zealand


[IWG: Dr Lana McCarthy There's No One Way To Coach: Practitioner' Perspectives On Team Leadership And Culture](#)

 Save insight

Leadership

IWG: Dr Lana McCarthy There's No One Way To Coach: Practitioner' Perspectives On Team Leadership And Culture


[Cycling great dodges potholes in life after sport](#)

 Save insight

Leadership

Cycling great dodges potholes in life after sport

[Fern juggles player and coach roles](#)

 Save insight

Leadership

Fern juggles player and coach roles

[Podcast: Raelene Castle: Leadership Lessons as CEO of Rugby Australia, Bulldogs, Sport New Zealand and more!](#)

 Save insight

Leadership

Podcast: Raelene Castle: Leadership Lessons as CEO of Rugby Australia, Bulldogs, Sport New Zealand and more!

[Women and Girls Strategy in Sport and Active Recreation - Sport NZ Commitment Progress Report](#)


 Save insight

Leadership

Women and Girls Strategy in Sport and Active Recreation - Sport NZ Commitment Progress Report


By Rachel Howells - Sport New Zealand

[Improving Women's Experiences of Mentorship in Canadian Coaching](#)

 Save insight

Leadership


Improving Women’s Experiences of Mentorship in Canadian Coaching [Playing Sports May Be The Secret To Women’s Career Success](#)

 Save insight

Leadership

Playing Sports May Be The Secret To Women’s Career Success


[Nuku Ora W&G Week Collaboration Session](#)

 Save insight

Leadership

Nuku Ora W&G Week Collaboration Session

By Lily Joiner - Nuku Ora
[Whanake o te Kōpara - Impacting young wāhine](#)




 Save insight

Leadership






Whanake o te Kōpara - Impacting young wāhine

By Merran Brockie-David - Women in Sport Aotearoa

Our Partners

-  Sport NZ
-  NZ Foreign affairs and trade
-  US Embassy NZ

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [Linkedin](#)
-  [TikTok](#)
-  [YouTube](#)

- [Contact](#)
- [FAQs](#)
- [Privacy_policy](#)
- [Terms of use](#)

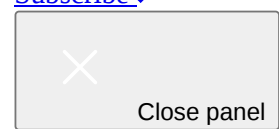
Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.


Name:

Email:

[Subscribe](#) >



Close panel

 Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa

Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*

Email:*

Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

- All
- Leadership
- Social Change
- Active Lives
- High Performance
- Visibility and Voice

Insight Content Types

- All
- Research
- Case studies
- News stories
- Toolkits

[Subscribe now](#) >