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 Performance Special Report: A Female Lens on Performance

Co-authored by Leaders Performance Institute, Keiser

When it comes to untapped performance potential, female athletes and coaches often have the most to gain. And as we've tried to demonstrate across this Special Report, produced with the support of our partners at Keiser, there are significant strides being made towards those gains at various elite sports organisations across the world.


With contributions from practitioners in American soccer, at High Performance Sport New Zealand and England Rugby, as well as research from the Universities of Nottingham and Manitoba, this report identifies best-in-class work being done in the fields of S&C for female soccer players; maternity and motherhood in English rugby; coach development across New Zealand sport; and the injury risks posed by gendered environments.


Complete this form to access your free copy of A Female Lens on Performance and see for yourself how the performance ceiling for women athletes and coaches can be raised.


Download the report below or [click here](#) to visit the website.

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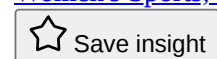
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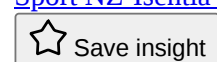
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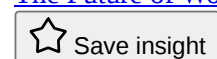


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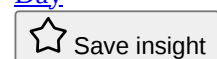
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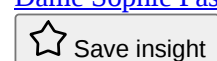
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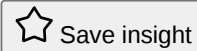
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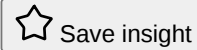
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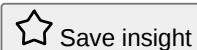
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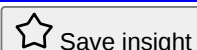
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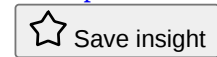
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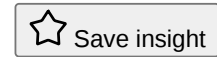
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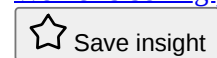
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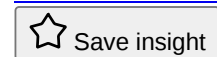
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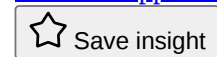
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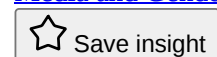
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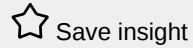
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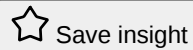


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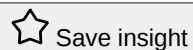


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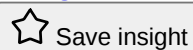


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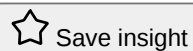


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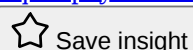
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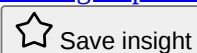
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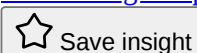
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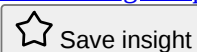


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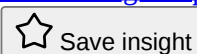


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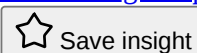


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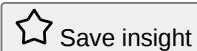
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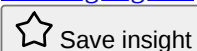
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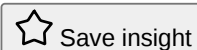
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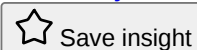
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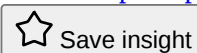
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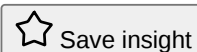


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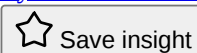


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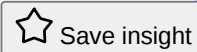
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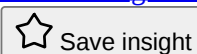
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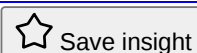
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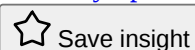
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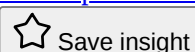
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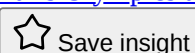
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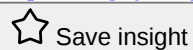
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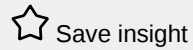
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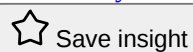
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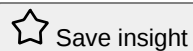
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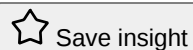
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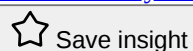
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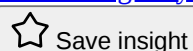
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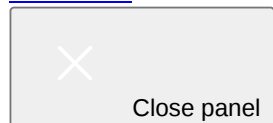
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