

Amelia Morgan

UNIVERSITY: University of Canterbury

GRADUATION DATE: December 2019

QUALIFICATION ACHIEVED: Bachelor of Laws (LLB)

SPORTING ACCOLADES: Former track and field athlete, Godzone & Coast to Coast competitor

CURRENT EMPLOYMENT: Senior Solicitor, Cooper Rapley Law

Q: Many of the skills cultivated in sport, such as teamwork, leadership, time management, and resilience, are highly valued in the professional world. Could you give us an example of how one or more of these skills learned through sport played a pivotal role in your career success?

A: Resilience and consistency must be the two most transferrable skills from my participation in distance running over the years. The ability to withstand the highs and lows of sport, the excitement of racing in contrast with the work required to get to the start line are all experiences that assist in my role as a solicitor today. The ability to withstand pressure and work hard when required are valuable skills when achieving a clients desired outcomes in a demanding environment. These skills were fostered by my participation in middle distance running, and cross country undoubtedly.

Q: Can you elaborate on specific instances where the teamwork, discipline, or time management skills you honed as a student-athlete have translated into tangible advantages or successes in your post-graduation career journey?

A: Time management skills as a student athlete are critical, but the use of this skill doesn't cease on graduation date. The ability to juggle competing interests and meet deadlines is a critical skill in the workplace, and without it I would not have had the success or opportunities I have had to date.

Q: In summary, how has your involvement in sport influenced and shaped your career journey and personal development?

A: Participating in university sport and being given the opportunity to begin my governance journey with UTSNZ was invaluable in both my personal and professional development. Reflecting on my time at university, the skills required to balance study, and training are no small feat and on top of this, most of us are trying to figure out 'our place in the world!'. The discipline and time management required to balance these interests equipped me with the tools to excel in the legal sphere and foster an unquivering resilience when facing challenges in professional context. Today, I use sport as a way to balance the tension and stress of work – it is my escape and provides a mental relief on a daily basis.