

Cheree Kinnear

UNIVERSITY: Massey University

GRADUATION DATE: November 2017

QUALIFICATION ACHIEVED: Bachelor of Communication

SPORTING ACCOLADES: Former National NZ Archery Champion & International Representative

CURRENT EMPLOYMENT: NZ Herald Focus News and Sports Video Reporter

Q: Can you share specific ways in which the skills and qualities you developed through your participation in sport have played a role in securing employment and advancing in your career?

A: I started my career in the media as a sports reporter and the knowledge I gained from my time in high-performance sport helped me better understand athletes, what's required of them and what it takes to be at the top. My experience as an athlete and involvement with UTSNZ caught the eye of my first employer and helped me secure my first job.

Q: How has participation in sport during your university years contributed to your personal and professional growth, and do you see any direct correlations between the skills you developed in sports and those you utilise in your current career?

A: Sport taught me a lot about myself and what I'm capable of achieving under pressure. It helped me build strong mental resilience and taught me valuable leadership skills which I've been able to lean on throughout my career. Working in the media can be tough. It's fast-paced and you need to demonstrate the ability to remain calm, accurate and concise in pressure situations and under demanding deadlines. I've been able to handle everything the job has thrown at me and a lot of that is thanks to my time in sport.

Q: In what ways do you believe your involvement in university sport positively influenced your ability to adapt to challenges and setbacks in your career? Were there any specific moments where the resilience you gained from sport proved to be a game-changer in your career?

A: One of the greatest lessons sport taught me is that the highest of highs often come right after the lowest lows. In other words, when it feels like everything is against you when it feels like training isn't paying off or when you suffer a major loss, it's often right before everything comes together. One of my favourite quotes is 'an arrow can only be shot by being pulled backwards. You have to go back in order to be launched forward'. There have been many moments in my professional career where I've felt like things are against me and I've struggled to see the positives - whether that's missing out on an opportunity I really wanted or making a mistake in my work - but I've learnt that everything happens for a reason and the biggest successes in my career have often followed these moments.

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

A: Participating in sport during my University years played a massive role in shaping my professional career as a sports and news reporter. Sport taught me valuable leadership skills, helped me build mental resilience and taught me that I can handle anything life throws at me. My time as a high-performance archer shaped me into the person I am today and has helped me work well under pressure, meet demanding deadlines in a calm manner and succeed in my career. I deeply value the experiences I gained from sport and believe I wouldn't be where I am today without them.