

Jacob Mulholland

UNIVERSITY: University of Canterbury

GRADUATION DATE: 2020

QUALIFICATION ACHIEVED: Bachelor of Sports Coaching

SPORTING ACCOLADES: National Tertiary Basketball Representative, UC Premier Club Rep

CURRENT EMPLOYMENT: Director of Sport, Craighead Diocesan School

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: For me, the passion that I have built for sport over the years has significantly shaped my passion for sport as a profession. Whether I'm competing or organising events, sport has enriched my life in countless ways. My goal is to create community spaces within my work that can replicate the experiences I've had, enabling other people to enjoy the physical and emotional benefits that come from engaging in sport and physical activity.

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: Time management is crucial in all aspects of life, especially in the professional sports world. Balancing university studies with sports was excellent preparation for managing multiple sports, volunteers, players, coaches, and other stakeholders. Effective time management is essential not only for work but also for maintaining a healthy work-life balance, ensuring I can fully dedicate myself to my profession when necessary.

Q: Leadership skills cultivated through sport can be valuable assets in the workplace. Could you share an instance where your leadership experience in sport influenced your role in a team or project at work?

A: Adaptability and flexibility are key in university sport, where juggling extra commitments with studies teaches prioritisation and sacrifice. For instance, in my final year in 2020 during the initial Covid-19 outbreak, I organised an inter-university basketball competition as part of an internship while also participating in the tournament. Despite its complexity, I had the necessary support to achieve our goals. These experiences and mentorship at university provided a strong understanding of sports leadership, which I apply to various projects in my career, from Community Play Initiatives to Introduction to Strength and Conditioning Courses, and organising a longstanding 5-school, 4-sport exchange. Learning and leading are ongoing processes, which I aim to continue in the sports field.

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

A: Participating in university sports from 2018 to now has greatly shaped who I am today. It deepened my passion for my studies in sports leadership, management, and sports science. The relationships I formed during this time remain influential in my professional life. Engaging in both social and competitive sports taught me valuable lessons in building trust and confidence, skills I rely on in my current work. I can't imagine my university experience without sports, as the lessons and skills gained during that time have been instrumental in my personal and professional development.