

HSBC Women in Sports survey

Total respondents: 684

Profile of respondents: Women across Australia (all states included) who play team sports

Time of survey: In-field from 22nd December 2017 to 12th January 2018

- Almost all women involved in the survey (97.72%) agreed that playing team sports has increased their professional confidence
- The vast majority of women (97.66%) agree that involvement in team sports contributes to a successful career
- Almost all respondents (97.37%) said their ability to work as a team player has improved since playing team sports
- The vast majority of women (95.18%) agree that teamwork on-field has made them more successful off field
- Nine in ten (93.13%) women agree playing team sports has made them succeed in their professional career
- More than nine in ten women (92.69%) said their ambition to thrive (be successful) off-field has made them more successful on field
- Nine in ten (92.11%) of women agree that playing team sports has made them more ambitious in their career, at least to some extent
- When asked about the ways in which playing team sports has had on their personality:
 - 72.81% said this makes them more sociable
 - 70.76% said this makes them more confident
 - 61.40% said this makes them a better team player
 - 39.47% said this makes them a more positive person
 - 31.14% said this makes them more ambitious
 - 27.63% said this makes them more extroverted
- When asked about what drives people to play team sports:
 - 70.18% agree this is getting healthier and fitter
 - 69.44% agree this is teamwork
 - 53.07% agree this is learning new skills
 - 45.32% agree this is support
 - 40.35% agree this is shared ambition in the team
 - 38.16% agree this is the challenges involved
 - 33.77% agree this is competition
- Regarding the career aspirations of respondents 97.66% identified as having a high to moderate level of career aspiration.
 - Of these, three in five (58.92%) identify as having high career aspirations

- When asked about the ways in which sport has benefitted their professional career:
 - 67.54% state teamwork (learnt through sport) has benefitted their career
 - 55.70% state confidence has benefitted their career
 - 54.39% state mental strength has benefitted their career
 - 53.36% state goal setting has benefitted their career
 - 48.25% state passion for what you do has benefitted their career
 - 46.20% state ambition has benefitted their career
 - 46.05% state time management has benefitted their career
 - 45.47% state discipline has benefitted their career
 - 45.18% state being results focused has benefitted their career
 - 30.56% state receptiveness to mentors and coaches has benefitted their career
 - 28.36% state ability to see the big picture has benefitted their career
 - 19.44% state tenacity has benefitted their career
 - 8.19% state business connections has benefitted their career

 - When asked to list these in order of which have provided them with the most benefit to their professional career, the top five were:
 1. Teamwork ranked the highest with 22.95% of women agreeing to the benefits this has provided their professional career
 2. Mental strength (13.30%)
 3. Confidence (11.99%)
 4. Time management (8.48%)
 5. Ambition (8.33%)

 - Two thirds of women (65.20%) stated they would be interested in learning to play rugby

 - More than half of respondents stated they have played rugby before, either socially or professionally (53.65%)

 - Close to two thirds (64.77%) have heard of Rugby Sevens, and this is mostly via friends or colleagues (43.79%), followed by in the news (34.31%)
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