

The background of the slide is a high-contrast, black and white photograph of several rugby players in mid-air, jumping to catch or contest a ball. The players are silhouetted against a very bright sky, which creates a strong lens flare effect in the upper left corner. The ball is visible at the top left, just below the NZRPA logo. The overall mood is dynamic and energetic.

**NZRPA** BY THE PLAYERS  
NEW ZEALAND RUGBY PLAYERS ASSOCIATION FOR THE **GAME.**

# Mental Health – Women's Rugby

## NZ Context

# Strategy

Resourcing

Collaboration & Upskill

Bespoke Design

Player Driven

# Key Themes

Body Image

Self Identity

Professionalism Expectations

Family / Life / Rugby

Cultural Barriers

# The Player Journey

