

**Mallory Agner**

MY PENPAL



# Who is she

- Assistant Director of Athletic Communications
- In close contact with student athletes
- Her job revolves around media relations and game day operations
- Has a passion for building relationships with athletes





## College Experience

- James Madison university- BS in Sports and Recreation Management
- Worked as Field Hockey Manager
- She joined the Alpha Omega Epsilon Sorority
- Athletic communications student worker
- Current getting her Masters in Sports Business Management at Manhattanville University



## What motivates her

- She has an Athlete centered mindset
- Focuses on building real relationships with the athletes
- Prioritizes them so they know where they stand with her
- She's the president and campus founder of Morgan's Message which helps with students athletes who need mental health support



## Power of mentorship

- “ Even if you feel like no one is listening, keep speaking
- Female mentors are important in male dominated fields
- Provides guidance and reassurance that YOU can do it
- Encourages confidence and perseverance

# Challenges and Overcoming's

## CHALLENGES

- Women are not taken seriously
- Need to make your voice matter
- The industry makes it harder and more divided

## OVERCOMING

- Staying confident and committed
- Speaking out and up at any point
- Building strong connections with women and men to have an advantage
- Don't be scared



## Her Goals

- Continue with her love building relationships with athletes
- Grow her voice bigger into the industry
- Expand impact through communication and leadership



## Advice

- Be confident
- Engage with other mentors
- Keep going
- Build connections everywhere



## My takeaway

- Being a woman in sports is hard so working toward my goal is going to be hard no matter what, but having this connection with Mallory has shown me that female mentorship is so important because it shows that there is someone in your corner all the time.