

ROSIE POPA

OLY MBA OAM



Rosie Popa is an Olympic Champion and Record Holder from the Tokyo 2020 Games, and proud recipient of the Order of Australia Medal for her significant contributions to sport.

Beyond her athletic career, Rosie is now building her corporate career within the People and Culture space, specialising in leadership, team culture, and change management. She helps organisations design inclusive, resilient, and high-performing teams capable of thriving under pressure.

Rosie holds a Bachelor's degree in Sociology from the University of California, Berkeley, and an MBA from Oxford University's Saïd Business School, where she graduated on the Dean's List. During her time at Oxford, she held leadership roles as Head of Allyship at the Women in Leadership Alliance and as a Fellow with the Oxford SDG Impact Lab.

Drawing on her experience in elite sport, consulting, and leadership research, Rosie blends insights from human behaviour, performance psychology, and organisational culture to help people and teams lead more effectively.

As both a speaker and writer, Rosie explores themes of identity, resilience, and purpose - particularly focusing on what it takes to thrive after high-performance environments. Her talks and writing have inspired audiences across finance, technology, retail, consulting, education, and sport to lead with authenticity, empathy, and sustained impact.

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