

TRINITY WASHINGTON

WE CELEBRATE

Women's History Month

In celebration of Women's History Month, Trinity Washington Athletics is proud to participate. Hear from our fellow Lady Tigers!



Andrea Montano
(Lacrosse)

What does women's history month mean to you?

“For me it's a time to reflect and think about what actions we can take for the struggles we continue to have.”

What qualities make a great female leader?

“One that is true to her core self, I think there are a lot of expectations on what a leader should look like that is centered around the male persona, but there have been many women that have led in a way that reflects themselves. Women are able to involve their personality and traits into the causes they are involved in.”

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What does women's history month mean to you?

"It shows progress, I think it's great we can take an entire month to dedicate the progress we've made as women in history. I don't think it should be confined to just one month, but I think it's a big step."

What qualities make a great female leader?

"Being humble is important. People are more likely to follow a leader they can reason and connect with and being a humble person definitely helps that. The ability to empathize with others is another important quality because being a leader is not just a logical position, you also have to feel out those you are leading and working with."



Nan Holt
(*Lacrosse*)

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