



## Gender and Competition: How Men and Women Approach Work and Play Differently

By Kathleen Deboer

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A fascinating look at how men and women approach competition—both on and off the court. Noted author and lecturer Kathleen J. DeBoer first examines many of the non-physical differences between the sexes (their values and fears, conversation, behavior, psychological adjustment, etc.), then DeBoer helps define these and other variables as they relate to gender differences in both competitive play and competitive work environments. Finally, DeBoer offers detailed suggestions on how men and women can communicate, understand, and ultimately overcome their differences.

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### **Editorial Review**

#### About the Author

Kathleen DeBoer is the commissioner of general services for the Lexington-Fayette Urban County Government. Prior to that, she was the senior associate athletics director at the University of Kentucky.

DeBoer has worked in and around athletics all of her life. One of the first women offered a college athletics scholarship at Michigan State University, she went on to play professional basketball in the WBL, one of the first women's leagues.

Following her playing career, she was a successful collegiate coach at Ferris State University and the University of Kentucky, earning National Coach of the Year honors in 1987.

DeBoer served as an advisor to the USA National Team from 1988 to 1996 and assisted with the 1996 Olympic Volleyball Team. She was a member of the NCAA Management Council and served for 10 years as the chief fund raising officer of the University of Kentucky Athletics Association.

The author of numerous articles and videos on the subjects of gender, competition, and coaching, DeBoer is a sought-after speaker.

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