



SHAE GRAHAM

PARALYMPIAN

A PARALYMPIAN, WORLD CHAMPION AND THE FIRST EVER FEMALE TO REPRESENT AUSTRALIA IN WHEELCHAIR RUGBY, SHAE IS TRAILBLAZER, HELLBENT ON BREAKING DOWN BARRIERS AND CHASING DOWN FIRSTS.

Shae's journey to becoming a Paralympian isn't the typical tale of achieving childhood dreams but one of resilience, stubbornness, and a dash of Aussie spirit.

At 18, Shae was an active, sports-obsessed teen playing soccer, touch football, and rugby union. She loved books, history, and travel and had big plans for the future, but life had other ideas. One day, in Mackay, QLD, her friend lost control of the car they were in, crashing into a house. Shae, seated at the point of impact, sustained life-threatening injuries and awoke in the hospital weeks later with a C6 incomplete spinal cord injury. Doctors told her she would never walk again.

Her determination and refusal to accept "you can't" drove her through a nine-month recovery. Still, Shae made the difficult decision to retire from sports, believing it wouldn't be the same. She focused on rebuilding her life, achieving her personal goals of independence, graduating university, and traveling the world. Yet, something was missing—sport.

Eight years after her accident, her return to sport came after losing a bet to her brother. In 2014, she took up wheelchair rugby, a male-dominated sport formerly known as "Murderball."

Shae quickly set a new goal—to be selected for the Australian team.

Four years of determination, grit, and stubbornness paid off. In 2019, she was invited to the Australian Steelers camp, becoming:

- The first female Steeler and international player for Australia in wheelchair rugby (2019),
- The first female to represent Australia in wheelchair rugby at the Paralympics (2021),
- The first female board member of World Wheelchair Rugby (2023).

Shae shares her story of loss, fear, and resilience with unfiltered honesty, driven by a passion to pave the way for women in male-dominated sports and inspire others to seize every opportunity.

SHAE IS AVAILABLE FOR:

- Keynotes & Workshops
- School Presentations

For more, contact hello@tlstalent.com.au
www.tlstalent.com.au

