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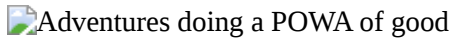
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# Adventures doing a POWA of good Nothing will stand in Kate Parr’s way when it comes to empowering women and girls of all backgrounds and abilities to push their boundaries in her adventure courses

Theme:  
Participation



[Angela Walker](#)  
Co-authored by Angela Walker, LockerRoom  


At the heart of everything Kate Parr does is a deep commitment to inclusion, something she has a knack for explaining.

“I’m the kind of person who gives a shit. Those are the words I use: ‘Do you give a shit? I give a shit’,” she says.




“My staff and I care if someone is not participating because of a barrier. And we fix that barrier.”

Whether it’s the disabled or Muslim communities, or women who simply can’t afford to be involved in sport, Parr cares a lot. Her goal is to get more females being active, building their confidence and resilience, and engaging with the outdoors.

So far, 355 women and girls have undertaken her outdoor adventure days in the Waikato, which have just won a national sports award.

Over the past two years, Parr’s Pirongia-based business, First Step Outdoors, has run 14 adventure days through the POWA and GIRL POWA programmes. Their participants use words like: “Life-changing ... priceless ... extremely valuable”.



[Read the full story here.](#)

  
  
  
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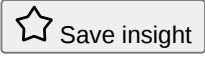
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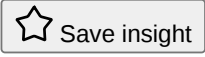
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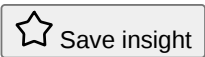
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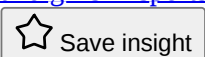
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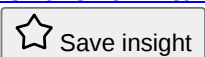
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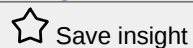
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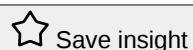
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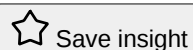
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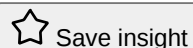
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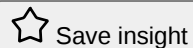


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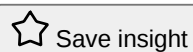


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## **A 2024 SURVEY FOR: Women in Trail and Ultrarunning**

By Ali Pottinger - Squadrun

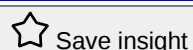
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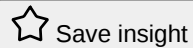
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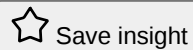
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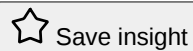
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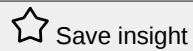
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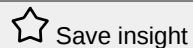


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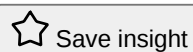


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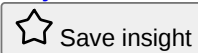
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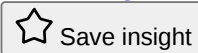
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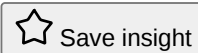
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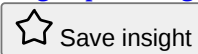
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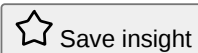
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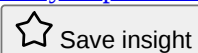
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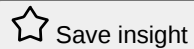
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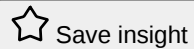
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## **For young women, by young women - WORD girls-only programme**

By Rachel Howells - Sport New Zealand

[Not just for the "sporty", the Not-So-Sports-Club](#)

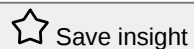
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## **Not just for the "sporty", the Not-So-Sports-Club**

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[Manawatū Cricket Association case study](#)

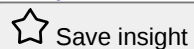
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## **Manawatū Cricket Association case study**

By Cheycoda Cocks - Sport Manawatu

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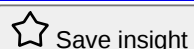
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## **Backyard Smash & Sista Smash**

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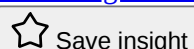
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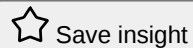
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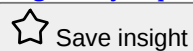
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## Coaching through a Gender Lens Infographic

[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)



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## Angel City Equity House Podcast: Myth Busters presented by Gatorade

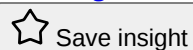
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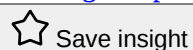
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



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## Hikurangi Golf Club president Felice Croft encouraging more women into the sport

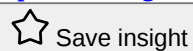
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



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## Running and periods: The myths about exercise and your menstrual cycle, debunked

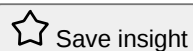
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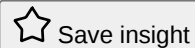
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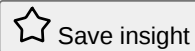
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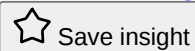
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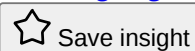
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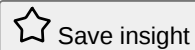


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**Co-Designing Effective Programmes for Young Girls: Insights and Principles**

By Briana irving - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)



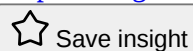
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**How To Co-Design A Programme With Participants**

By Briana iring - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)



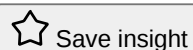
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By Briana iring - Aktive - Auckland Sport & Recreation

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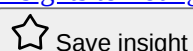


 Women & Girls Facility Guide

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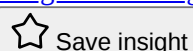


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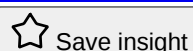


Participation

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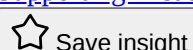
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Participation

## **IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?**

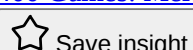
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## **Supporting Disabled Teenage Girls to be Active**

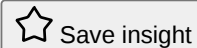
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## 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

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## Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

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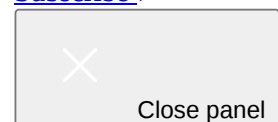
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