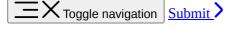
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Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Theme: **Participation**

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Innovative Impact FINALIST - Wāhine Toa

Wahine Toa is a two-day programme based in the Waikato and Bay of Plenty, it was created in September 2022 by Natalie Broadhead and Vicki Lahana. Running two times a year during the school holidays for 50 girls.

It provides an opportunity for young women to learn, holistically develop themselves and build on their Football and Futsal knowledge together in a fun and safe learning environment all while making new friends from around the rohe.

Wahine Toa is aimed at 13 – 16 year old Females at all levels of playing ability from around the WaiBOP region, with the only requirement being that they love football/futsal, have great attitudes and are keen learners.

They wanted to create a programme where they could get to know the footballers and futsal players in their region and for them to connect with each other.

They also wanted to tie in Te Ao Māori, leadership, building self-confidence through E Tū Tāngata, nutrition for the female athlete and helping to foster a growth mindset in a safe environment, all while getting to experience the different aspects of Football and Futsal.

So far they have delivered four Wahine Toa Programmes in Hamilton and Tauranga over 2022-2024 to 184 kōhine and engaged 29 coaches!



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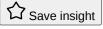
Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football



Participation

Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football

<u>Change in Action Week - Innovative Impact FINALIST - Active Wahine</u>



Participation

Change in Action Week - Innovative Impact FINALIST - Active Wahine

Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy



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Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

<u> Change in Action Week - Rangatahi FINALIST - Sylvia Brunt</u>



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Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

<u>Change in Action Week - Rangatahi Winner - Carmel College</u>



Change in Action Week - Rangatahi Winner - Carmel College

ADIDAS BREAKING BARRIERS RESEARCH



Participation

ADIDAS BREAKING BARRIERS RESEARCH

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



Participation

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

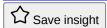


Participation

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

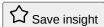


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A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

2022 IWG: Christine Young - Integrity in HP Youth Sport



Participation

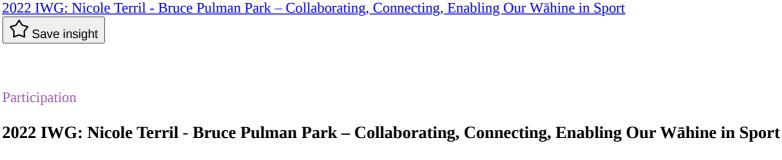
2022 IWG: Christine Young - Integrity in HP Youth Sport

2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



Participation

2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



2022 IWG: Kirsten Spencer - Sport as a social development tool



Participation

2022 IWG: Kirsten Spencer - Sport as a social development tool

2022 IWG: Erin Hatton - Driving transformational change



Participation

2022 IWG: Erin Hatton - Driving transformational change

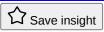
<u>Understanding Period Poverty Infographic</u>



Participation

Understanding Period Poverty Infographic

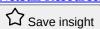
By Cheycoda Cocks - Sport Manawatu Well Wahine Week Case Study



Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti Netball Resources for Clubs and School Administrators



Participation

Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

Girls Smash Modified Girls Only Cricket Programme



Participation

Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

<u>Innovative approaches to encouraging women's participation in Golf</u>



Participation

Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

Netball Volunteer Programme



Participation

Netball Volunteer Programme

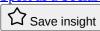
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



Participation

Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool

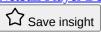


Participation

Participation

Sport as a Social Development Tool

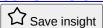
By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



Participation

Netball Player Development Programme

By Alysha Jensen - Netball New Zealand COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



Participation

COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

Why Aussie women's sport needs to talk about fertility



Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport



Participation

She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport Sport for Sustainable Development: Designing Effective Policies and Programmes



Participation

Sport for Sustainable Development: Designing Effective Policies and Programmes

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



Participation

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

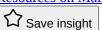
Huge uptick in girls and women playing football in New Zealand



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Huge uptick in girls and women playing football in New Zealand

Resources on Male Allyship



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Resources on Male Allyship

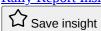
Rally Report Insights: Body Confidence



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Rally Report Insights: Body Confidence

Rally Report Insights: Mental Health



Rally Report Insights: Mental Health

What type of uniforms do women want to wear when they referee or umpire sport?



Participation

What type of uniforms do women want to wear when they referee or umpire sport?

Women & Padel: Start of a love story



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Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago

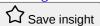


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Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

Creating safe environments for young women to be active their way



Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

Kōhine māia

∧



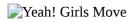
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Kōhine māia

By Rachel Howells - Sport New Zealand

Yeah! Girls Move - Cricket not the way you know it





Participation

Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

<u>For young women, by young women - WORD girls-only programme</u>



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

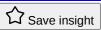
By Rachel Howells - Sport New Zealand
Not just for the "sporty", the Not-So-Sports-Club



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

By Rachel Howells - Sport New Zealand Manawatū Cricket Association case study



Participation

Manawatū Cricket Association case study

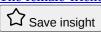
By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



Participation

Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



Participation

The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



Participation

Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

Te Awamutu AFC starts 2024 off strong with growing demand



Te Awamutu AFC starts 2024 off strong with growing demand

Five things to know about women and sport

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Five things to know about women and sport

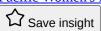
Has the Olympics become too sexualised? How sex and gender debates drove online discourse



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Has the Olympics become too sexualised? How sex and gender debates drove online discourse

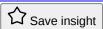
Pacific Women's Leadership Programme Impact - Sela Vaenuku



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Pacific Women's Leadership Programme Impact - Sela Vaenuku

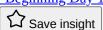
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



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IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective

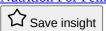
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



Participation

"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

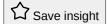
Nutrition For Female Athletes



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Nutrition For Female Athletes

Coaching through a Gender Lens Infographic



Coaching through a Gender Lens Infographic Angel City Equity House Podcast: Myth Busters presented by Gatorade Save insight

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Angel City Equity House Podcast: Myth Busters presented by Gatorade

2022 IWG: Emily Davidson - She Loves Golf Presentation



Participation

2022 IWG: Emily Davidson - She Loves Golf Presentation

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



Participation

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

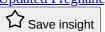
Running and periods: The myths about exercise and your menstrual cycle, debunked



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

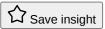
Updated Pregnancy guidance from UK Sport



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Updated Pregnancy guidance from UK Sport

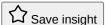
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



Participation

IWG: Daenin Roth - Grassroots Role Models Inspiring Change

IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel



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IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel

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Young Women Profile - September 2021
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls Save insight
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New Zealand Football Performance & Prevention - Considerations for Female Athletes Save insight
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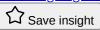
Young Women Profile - September 2021

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IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

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

IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



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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

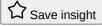


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How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation <u>Empowering Disengaged Girls Through A Participant-Centered Programme</u>



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Empowering Disengaged Girls Through A Participant-Centered Programme By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide Save insight Women & Girls Facility Guide Participation Aktive Women & Girls Facility Guide Insights to Young Women's Participation - Webinar #1 "Rethinking the offering" Save insight Participation Insights to Young Women's Participation - Webinar #1 "Rethinking the offering" By Rachel Howells - Sport New Zealand Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences" Save insight

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Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

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

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

Supporting Disabled Teenage Girls to be Active

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Supporting Disabled Teenage Girls to be Active

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

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

By Amy McClintock - Basketball New Zealand
Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"



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

By Rachel Howells - Sport New Zealand

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