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Kōhine māia

Theme: Participation

Kōhine māia

Rachel Howells

Co-authored by Sport NZ, Sport Tasman

Sport New Zealand

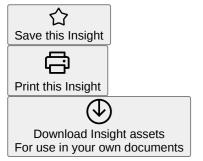
With a focus on what young women would like to do, Kōhine Māiā aims to empower through well-being, social connectivity and enjoying new experiences to gain a sense of achievement. Their co-design approach helps better understand participant needs while promoting leadership and collaboration.

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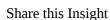
Related Links

• https://sportnz.org.nz/resources/kohine-maia/



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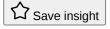
Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football



Participation

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

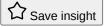
Change in Action Week - Innovative Impact FINALIST - Active Wahine



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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

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa



Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Change in Action Week - Rangatahi Winner - Carmel College



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Change in Action Week - Rangatahi Winner - Carmel College

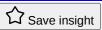
ADIDAS BREAKING BARRIERS RESEARCH



Participation

ADIDAS BREAKING BARRIERS RESEARCH

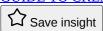
Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



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



Participation

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

2022 IWG: Christine Young - Integrity in HP Youth Sport



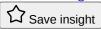
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2022 IWG: Christine Young - Integrity in HP Youth Sport

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Participation
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton
2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wahine in Sport
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Participation
2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport
2022 IWG: Kirsten Spencer - Sport as a social development tool
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2022 IWG: Erin Hatton - Driving transformational change

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

<u>Understanding Period Poverty Infographic</u>



Participation

Understanding Period Poverty Infographic

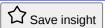
By Cheycoda Cocks - Sport Manawatu



Participation

Well Wāhine Week Case Study

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



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Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand
Girls Smash Modified Girls Only Cricket Programme

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Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

Innovative approaches to encouraging women's participation in Golf

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Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

Netball Volunteer Programme

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Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

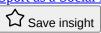
Mind. Set. Engage. Rugby's mental wellbeing programme.

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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

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Netball Player Development Programme

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



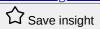
COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

Why Aussie women's sport needs to talk about fertility

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Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport



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She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

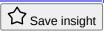
Sport for Sustainable Development: Designing Effective Policies and Programmes



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Sport for Sustainable Development: Designing Effective Policies and Programmes

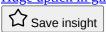
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



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

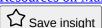
Huge uptick in girls and women playing football in New Zealand



Participation

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



Rally Report Insights: Body Confidence

Rally Report Insights: Mental Health



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Rally Report Insights: Mental Health

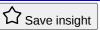
What type of uniforms do women want to wear when they referee or umpire sport?



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

Women & Padel: Start of a love story



Participation

Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago



Participation

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

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



Yeah! Girls Move

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

By Rachel Howells - Sport New Zealand For young women, by young women - WORD girls-only programme Save insight

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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

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



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Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu **Backyard Smash & Sista Smash**



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Backyard Smash & Sista Smash

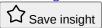
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



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

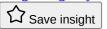
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



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

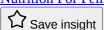
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



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

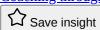
Nutrition For Female Athletes



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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

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Angel City Equity House Podcast: Myth Busters presented by Gatorade

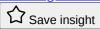
2022 IWG: Emily Davidson - She Loves Golf Presentation



Participation

2022 IWG: Emily Davidson - She Loves Golf Presentation

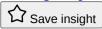
Hikurangi Golf Club president Felice Croft encouraging more women into the sport



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

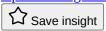
Running and periods: The myths about exercise and your menstrual cycle, debunked



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

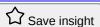
Updated Pregnancy guidance from UK Sport



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Updated Pregnancy guidance from UK Sport

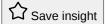
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



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IWG: Daenin Roth - Grassroots Role Models Inspiring Change

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





Young Women Profile - September 2021

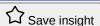
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls



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IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

New Zealand Football Performance & Prevention - Considerations for Female Athletes



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New Zealand Football Performance & Prevention - Considerations for Female Athletes

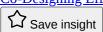
<u>IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill</u>



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

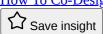
Co-Designing Effective Programmes for Young Girls: Insights and Principles



Participation

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





Participation

How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme



Participation

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"

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By Rachel Howells - Sport New Zealand

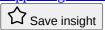
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



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

Supporting Disabled Teenage Girls to be Active



Participation

Supporting Disabled Teenage Girls to be Active

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



Participation

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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