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# Rise and Thrive: Empowering female coaches

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 Rise and Thrive: Empowering female coaches

Co-authored by Stuff NZ, WISPA

Dozens of enthusiastic female coaches from a range of sports have connected with like-minded women and evaluated their skills at a coaches event.

Women in Sport Aotearoa (WISPA), along with Sport Manawatū, supporters John and Angela Turkington, and high-performance coaches Verity Sharland and Kristina Sue, hosted the Rise and Thrive Coaching Connect event at Massey University on Sunday.

This inaugural coaching course welcomed 70 enthusiastic female coaches representing a diverse array of sports: cricket, canoe polo, swimming, softball, gymnastics, volleyball, rugby league, hockey, waka ama, roller skating, basketball, golf, rugby, football and netball.

The event was made possible through donations and funds raised at the Women in Sport Aotearoa fundraiser evening in Palmerston North earlier this year, hosted by the Turkingtons.

Participants took part in a session led by WISPA co-founder Dr Sarah Leberman, exploring their own preferred behaviours and how to effectively communicate with athletes who had different styles.

A highlight was a question-and-answer session with coaches Sue from Manukura rugby, Bren McGregor (girls football coach), and Georgia MacNeill (Palmerston North Girls' High School first XI hockey coach).

The panellists shared insights on their motivations for coaching, the balance of coaching with personal commitments, the importance of mentorship, and strategies for overcoming challenges.

Attendees could share feedback on topics of interest, and there was networking afterwards.

WISPA chief executive Nicky van den Bos was thrilled with the turnout and the enthusiasm shown by the coaches.

“This initiative is about empowering women in sport and creating a supportive community that fosters growth and development.”

Sport Manawatū's Dāntaye Simpson said: “We know there is a disproportionate number of women and girls in coaching compared to the number of women and girls as participants and athletes in sport.

“By collaborating on this project, we aim to grow the confidence of women and girls to coach now and into the future.”

The next Rise and Thrive session would be on Sunday, November 17, at 3pm.

All female coaches, regardless of experience level, were welcome to join.

This session was open to both those who attended the first session and newcomers interested in exploring coaching.

Future events were set for February 2, March 2 and April 6.

Interested coaches and women aspiring to become coaches could register at [wispainsighthub.org/insight/rise-thrive-coaching-course-manawatu](https://wispainsighthub.org/insight/rise-thrive-coaching-course-manawatu).



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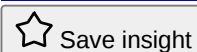
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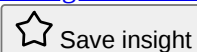
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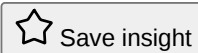
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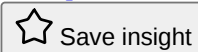


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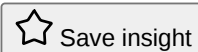


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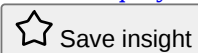


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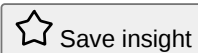


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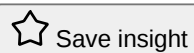
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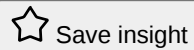


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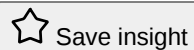


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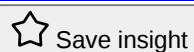
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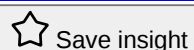
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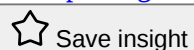
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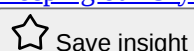
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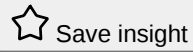
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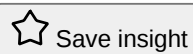
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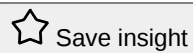
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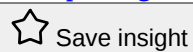
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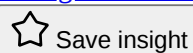
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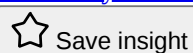
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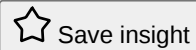
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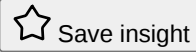
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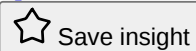
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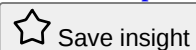
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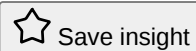
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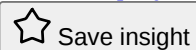
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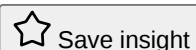
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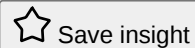
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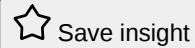
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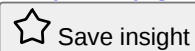
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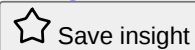
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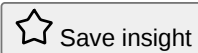
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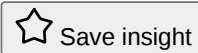
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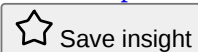


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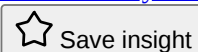
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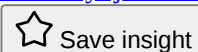
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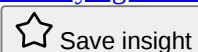
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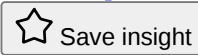
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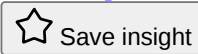
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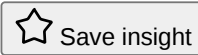
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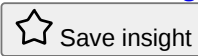


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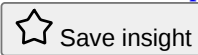


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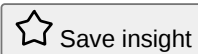
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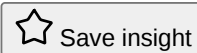
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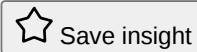
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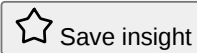


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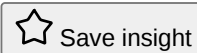
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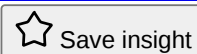
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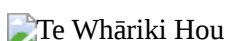
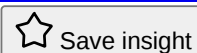
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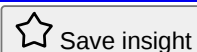


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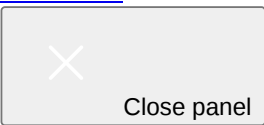
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