

Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)  
[Rangahau](#)
- [Events](#)  
[Hui](#)
- [Partnerships](#)  
[Rangapū](#)
- [Impact](#)  
[Whakaaweawe](#)
- About  
Mō Mātou
  - [Overview](#)
  - [History](#)
  - [Support](#)
- [☆ 0 Saved](#)

[☆ 0 Saved](#)

EN ▾

- [Sign in](#)
- [Submit](#) >

☐


Toggle navigation

[Submit](#) >



# Young Women's Leadership Programme

Theme:  
Leadership

 Young Women's Leadership Programme

 [Sarah Leberman MNZM](#)

[Sarah Leberman MNZM](#)

Co-authored by Fran McEwen, The Shift Foundation

 Women in Sport Aotearoa

**Whanake o te Kōpara is a leadership development programme established for young women aged 19 to 25. Built upon the foundations of co-design and social learning spaces, it aims to amplify the strengths of the individual, enabling them to uplift themselves, their community and the sector that surrounds them.**

Whanake o te Kōpara is co-designed with the young women participating to ensure it meets their unique needs. The programme runs for 5-6 months and invites participants from all around Aotearoa, New Zealand.

Using human-centred leadership frameworks and practices, the programme intentionally focuses on the learning gained through the journey, rather than its outcome. It amplifies the strengths of each individual, enabling them to create change within themselves, throughout their wider community and the sectors they contribute to.

Facilitated and enabled by The Shift Foundation and Women in Sport Aotearoa (WISPA) this mahi was informed by an identified gap (at the time) in leadership opportunities for young women, particularly in the sport, active recreation and wellbeing sectors.


The programme was designed to address this gap, offering a safe and empowering environment for the participants to begin and build their leadership journey while strengthening their confidence, values and self-belief.


The first programme was delivered in March 2021, with a second cohort finishing in 2022. A third cohort will participate in 2023.


To learn more about the impact this programme had on its participants. Read the reports from 2021 and 2022 below.

## Downloads

- [2024 Whanake o te Kōpara Impact Report.pdf 4.1MB PDF](#)
- [2023 Impact Report.pdf 4.7MB PDF](#)
- [2022 Impact Report.pdf 4.2MB PDF](#)
- [2021 Impact Report.pdf 2.2MB PDF](#)

  
Save this Insight

  
Print this Insight

  
Download Insight assets  
For use in your own documents

Was this Insight helpful?




Share this Insight


-  [Facebook](#)

•  [Twitter](#)

•  [Email](#)

•  Copy this page's URL


 Save this Insight

 Print this Insight

 Download Insight assets



[Email this Insight](#)

 Close 'Download Insight Assets' modal

## Download Insight assets


- [Young Women's Leadership Programme.pdf](#)
- [2024 Whanake o te Kōpara Impact Report.pdf 4.1MB PDF](#)
- [2023 Impact Report.pdf 4.7MB PDF](#)
- [WOTK Impact Report.png 500KB PNG](#)
- [2022 Impact Report.pdf 4.2MB PDF](#)
- [2021 Impact Report.pdf 2.2MB PDF](#)

Was this Insight useful?



## Similar Insights (109)


[Change in Action Week - Innovative Impact FINALIST - Cambridge FC](#)

 Save insight

Leadership

**Change in Action Week - Innovative Impact FINALIST - Cambridge FC**


[Change in Action Week - Wāhine Toa FINALIST - Macarena Carrascosa](#)

 Save insight

Leadership

**Change in Action Week - Wāhine Toa FINALIST - Macarena Carrascosa**

[Change in Action Week - Dad's as Allies FINALIST - Dan Doland](#)

 Save insight

Leadership

**Change in Action Week - Dad's as Allies FINALIST - Dan Doland**


[Change in Action Week - Digital Innovation FINALIST - Brad Lenko](#)

 Save insight

Leadership

**Change in Action Week - Digital Innovation FINALIST - Brad Lenko**


[Change in Action Week - Wāhine Toa FINALIST - Te Aroha Papanui-Hunt](#)

 Save insight

Leadership

**Change in Action Week - Wāhine Toa FINALIST - Te Aroha Papanui-Hunt**


[Change in Action Week - Pioneer of Change FINALIST - Dino Michalakis](#)

 Save insight

Leadership

**Change in Action Week - Pioneer of Change FINALIST - Dino Michalakis**

[Akarana Falcons front with all-female coaching staff](#)

 Save insight

Leadership

**Akarana Falcons front with all-female coaching staff**

[Change in Action Week - Dad's as Allies FINALIST - Tyson Waina](#)

 Save insight

Leadership

**Change in Action Week - Dad's as Allies FINALIST - Tyson Waina**

[Change in Action Week - Pioneer of Change FINALIST - Crispian Stewart](#)

 Save insight

Leadership

**Change in Action Week - Pioneer of Change FINALIST - Crispian Stewart**

[Change in Action Week - Pioneer of Change Winner - Kimberley Kan](#)

 Save insight

Leadership

**Change in Action Week - Pioneer of Change Winner - Kimberley Kan**

[Change in Action Week - Wāhine Toa Winner - Shanee Kiriau](#)

☆ Save insight

Leadership

**Change in Action Week - Wāhine Toa Winner - Shanee Kiriau**

[Change in Action Week - Dad's as Allies Winner - Ben Quane](#)

☆ Save insight

Leadership

**Change in Action Week - Dad's as Allies Winner - Ben Quane**

[Play to Lead: The Generational Impact of Sport on Women’s Leadership](#)

☆ Save insight

Leadership

**Play to Lead: The Generational Impact of Sport on Women’s Leadership**

[Rise & Thrive Coaching Course - Manawatū](#)

☆ Save insight

Leadership

**Rise & Thrive Coaching Course - Manawatū**

By Merran Brockie-David - Women in Sport Aotearoa

[Whanake o te Kōpara - Four Year Impact Report](#)

☆ Save insight

Leadership

**Whanake o te Kōpara - Four Year Impact Report**

By Merran Brockie-David - Women in Sport Aotearoa

[NZC prioritise understanding of Female Athlete Health](#)

☆ Save insight

Leadership

**NZC prioritise understanding of Female Athlete Health**

By Jess Davidson - New Zealand Cricket

[Whanake o te Kōpara case study - Daneka Geaney-Jones](#)

☆ Save insight

Leadership

# Whanake o te Kōpara case study - Daneka Geaney-Jones

By Merran Brockie-David - Women in Sport Aotearoa

[Gender Equity in Coaching Webinar](#)

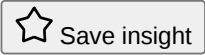


Leadership

## Gender Equity in Coaching Webinar

By Canadian Women & Sport - Canadian Women & Sport

[Women and Girls Referees: Building a Transformative Infrastructure](#)

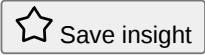


Leadership

## Women and Girls Referees: Building a Transformative Infrastructure

By Sarah Leberman MNZM - Women in Sport Aotearoa

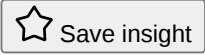
[One woman, two chairs at top of NZ sport](#)



Leadership

## One woman, two chairs at top of NZ sport

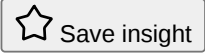
[2022 IWG: Kirsten Spencer - Gender and variation of experience, background and aspiration on leadership](#)



Leadership

## 2022 IWG: Kirsten Spencer - Gender and variation of experience, background and aspiration on leadership

[Tātāwhāinga - Episode 10: Gender Equity](#)

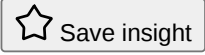


Leadership

## Tātāwhāinga - Episode 10: Gender Equity

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 9: Sport Leadership](#)



Leadership

## Tātāwhāinga - Episode 9: Sport Leadership

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 8: Leadership in Action: The Shift Foundation](#)


 Save insight

Leadership

**Tātāwhāinga - Episode 8: Leadership in Action: The Shift Foundation**

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 4: Athletes: Humans or Commodities Part 1](#)


 Save insight

Leadership

**Tātāwhāinga - Episode 4: Athletes: Humans or Commodities Part 1**

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 3: Commercial Sports Organisations: a Case Study of the Hurricanes](#)


 Save insight

Leadership

**Tātāwhāinga - Episode 3: Commercial Sports Organisations: a Case Study of the Hurricanes**

By Erin Roxburgh - Women in Sport Aotearoa

[Tātāwhāinga - Episode 2: Sport Governance and Funding with Raelene Castle](#)


 Save insight

Leadership

**Tātāwhāinga - Episode 2: Sport Governance and Funding with Raelene Castle**

By Erin Roxburgh - Women in Sport Aotearoa

[The Aotearoa Legacy](#)


 Save insight

Leadership

**The Aotearoa Legacy**

By Peta Forrest - Women in Sport Aotearoa

[IWG 2022 Progress Report](#)


 Save insight

Leadership

**IWG 2022 Progress Report**

By Robyn Cockburn - LUMIN

[Women & Girls Action Plan](#)

 Save insight

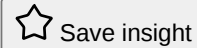


Leadership

## Women & Girls Action Plan

By Maddi Mclean - Sport New Zealand

[Ako Wāhine: Journey of Learning](#)

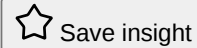


Leadership

## Ako Wāhine: Journey of Learning

By Heather Dawson - New Zealand Rugby

[Gender and Variation of Experience](#)

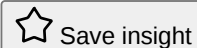


Leadership

## Gender and Variation of Experience

By Kirsten Spencer - Auckland University of Technology

[New Zealand Coach selected for Inaugural FIBA / WABC Female Instructor Course](#)

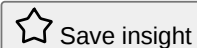


Leadership

## New Zealand Coach selected for Inaugural FIBA / WABC Female Instructor Course

By Amy McClintock - Basketball New Zealand

[Most kids are only coached by men in junior sport – women need to be part of the picture, too](#)



Leadership

## Most kids are only coached by men in junior sport – women need to be part of the picture, too

[Charmaine Smith cherishing opportunity to play international rugby](#)



Leadership

## Charmaine Smith cherishing opportunity to play international rugby

[Professional athletes share the struggle of motherhood and their careers](#)



Leadership

## Professional athletes share the struggle of motherhood and their careers

[Te Hāpaitanga's role in advancing women in high performance coaching](#)

 Save insight

Leadership

**Te Hāpaitanga’s role in advancing women in high performance coaching**  
[Keeping our Olympians cool, calm and bug-free](#)

 Save insight

Leadership

**Keeping our Olympians cool, calm and bug-free**


[King's Birthday honours](#)

 Save insight

Leadership

**King's Birthday honours**


[Case Study – Annalie Longo - LockerRoom](#)

 Save insight

Leadership

**Case Study – Annalie Longo - LockerRoom**

[LockerRoom Story: Case Study - Rushlee Buchanan](#)

 Save insight

Leadership

**LockerRoom Story: Case Study - Rushlee Buchanan**


[IWG: Mel Johnston - Women in Community Sport Club Leadership](#)

 Save insight

Leadership

**IWG: Mel Johnston - Women in Community Sport Club Leadership**

[Te Hāpaitanga: Women breaking boundaries and reshaping sports leadership in New Zealand](#)

 Save insight

Leadership

**Te Hāpaitanga: Women breaking boundaries and reshaping sports leadership in New Zealand**

[Young Women's Leadership Opportunity Provides Huge Value](#)

 Save insight

Leadership

**Young Women's Leadership Opportunity Provides Huge Value**  
[Value of your network – Whanake o te Kōpara - Ellie Eastwood](#)

 Save insight

Leadership

**Value of your network – Whanake o te Kōpara - Ellie Eastwood**


[Chiefs create tie to assist women’s rugby in New Zealand and Japan](#)

 Save insight

Leadership

**Chiefs create tie to assist women’s rugby in New Zealand and Japan**


[Trailblazing surf star lines up new gig](#)

 Save insight

Leadership

**Trailblazing surf star lines up new gig**


[Sport NZ announces 2024 Sport And Recreation Award Winners](#)

 Save insight

Leadership

**Sport NZ announces 2024 Sport And Recreation Award Winners**


[Women in Sport Recruitment and Retention Guidelines](#)

 Save insight

Leadership

**Women in Sport Recruitment and Retention Guidelines**

[Pacific Leadership Programme - Impacting Pacific Women & Girls](#)

 Save insight

Leadership

**Pacific Leadership Programme - Impacting Pacific Women & Girls**

By Merran Brockie-David - Women in Sport Aotearoa  
[Gender Equity is Good Governance – Lessons from the Sport Sector](#)

 Save insight

Leadership


**Gender Equity is Good Governance – Lessons from the Sport Sector**  
[IWG: Sanna Erdogan - Resilient Pioneers: Top Level Women Coaches in Martial Arts](#)

 Save insight

Leadership

**IWG: Sanna Erdogan - Resilient Pioneers: Top Level Women Coaches in Martial Arts**


[IWG: Emma Evans - Advancing leadership across the Pacific](#)

 Save insight

Leadership

**IWG: Emma Evans - Advancing leadership across the Pacific**


[2022 IWG Lightening Talk: Araba Chintoh -Transgender Players and Girls & Women’s Sport: How Your Sport Can Make the Most Informed Decision.](#)

 Save insight

Leadership

**2022 IWG Lightening Talk: Araba Chintoh -Transgender Players and Girls & Women’s Sport: How Your Sport Can Make the Most Informed Decision.**


[Ricky Henry given green light to continue leading Kiwi Ferns while also coaching Cowboys](#)

 Save insight

Leadership

**Ricky Henry given green light to continue leading Kiwi Ferns while also coaching Cowboys**


[Strategies that Male Allies Use to Advance Women in the Workplace](#)

 Save insight

Leadership

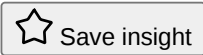
**Strategies that Male Allies Use to Advance Women in the Workplace**

[Trailblazing basketballer making history in All Blacks management](#)

 Save insight

Leadership

**Trailblazing basketballer making history in All Blacks management**



Leadership

## REPORT: ANALYSIS OF CAREER PATHWAYS OF BRITISH POSTHOLDERS IN INTERNATIONAL SPORT GOVERNANCE

By Sarah Leberman MNZM - Women in Sport Aotearoa

[Kiwi breaks the grass ceiling](#)



Leadership

### Kiwi breaks the grass ceiling

[Grief, recriminations, then gold: How the wheel has turned for Cycling NZ](#)



Leadership

### Grief, recriminations, then gold: How the wheel has turned for Cycling NZ

[Pacific Women's Leadership Programme - Host organisation impact](#)



Leadership

### Pacific Women's Leadership Programme - Host organisation impact

By Merran Brockie-David - Women in Sport Aotearoa

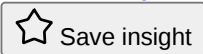
[Women, Sport & Governance](#)



Leadership

### Women, Sport & Governance

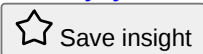
[Ann Downey: Great female coaches are there, they just need to be asked](#)



Leadership

### Ann Downey: Great female coaches are there, they just need to be asked


[The Reykjavík Index for Leadership](#)



Leadership

The Reykjavík Index for Leadership


[T'm saying this for the first time': AB's manager's road to the top](#)

 Save insight

Leadership

**T'm saying this for the first time': AB's manager's road to the top**

[Megan Compain: NZ’s First Pro Basketball Player in the USA & All Blacks' New Commercial Manager](#)

 Save insight

Leadership

**Megan Compain: NZ’s First Pro Basketball Player in the USA & All Blacks' New Commercial Manager**


[Lisa O'Keefe: Uniting women’s sport across the world \(Podcast\)](#)

 Save insight

Leadership

**Lisa O'Keefe: Uniting women’s sport across the world (Podcast)**


[Sports Management Training Programme empowering women in Africa](#)

 Save insight

Leadership

**Sports Management Training Programme empowering women in Africa**

[Bringing Gender in Tool](#)

 Save insight

Leadership

**Bringing Gender in Tool**

[Celebrating Champions of Change: Helene Wilson](#)

 Save insight

Leadership

**Celebrating Champions of Change: Helene Wilson**


[How can we best support women with family or caregiving responsibilities to excel as a high-performance coach?](#)

 Save insight

Leadership

How can we best support women with family or caregiving responsibilities to excel as a high-performance coach?


[Celebrating Champions of Change: Rebecca Rolls](#)

 Save insight

Leadership

**Celebrating Champions of Change: Rebecca Rolls**

[Pacific Women's Leadership impact: Pualele Craig](#)

 Save insight

Leadership

**Pacific Women's Leadership impact: Pualele Craig**

By Merran Brockie-David - Women in Sport Aotearoa


[5 4 3 2 1 Paris: Luuka Jones](#)

 Save insight

Leadership

**5 4 3 2 1 Paris: Luuka Jones**


[Whanake o te Kōpara impact - 2023 Alumnae Kylie Heihei](#)

 Save insight

Leadership

**Whanake o te Kōpara impact - 2023 Alumnae Kylie Heihei**


[IWG: Fran McEwen - Whanake o te Kōpara: co-designing a leadership programme for young women](#)

 Save insight

Leadership

**IWG: Fran McEwen - Whanake o te Kōpara: co-designing a leadership programme for young women**

[Launch of Basketball New Zealand Emerging Leaders Programme!](#)

 Save insight

Leadership

**Launch of Basketball New Zealand Emerging Leaders Programme!**

[Wonder Women: Women Who Lead initiative launched](#)

 Save insight

Leadership

**Wonder Women: Women Who Lead initiative launched**  
[IWG: Michelle DeHighden - Developing our NextGEN Female Coaches](#)

 Save insight

Leadership

**IWG: Michelle DeHighden - Developing our NextGEN Female Coaches**

[Kiwi Yarns podcast: Kiwi rower Emma Twigg on what it takes to be an Olympic champion](#)

 Save insight

Leadership

**Kiwi Yarns podcast: Kiwi rower Emma Twigg on what it takes to be an Olympic champion**


[Black Ferns leader’s momentous rugby deal](#)

 Save insight

Leadership

**Black Ferns leader’s momentous rugby deal**


[Supporting good governance through board gender diversity](#)

 Save insight

Leadership

**Supporting good governance through board gender diversity**


[Super Rugby Aupiki: Return to rugby daunting proposition for new mum, former Black Fern Chelsea Semple](#)

 Save insight

Leadership

**Super Rugby Aupiki: Return to rugby daunting proposition for new mum, former Black Fern Chelsea Semple**


[New research reveals how sports clubs manage integrity issues - AUT](#)

 Save insight

Leadership

**New research reveals how sports clubs manage integrity issues - AUT**

[Shaping attitudes: Exposure to women coaches and officials influences children and parent perceptions](#)

 Save insight

Leadership



**Shaping attitudes: Exposure to women coaches and officials influences children and parent perceptions**  
[Shaping Attitudes: Exposure to Women Coaches and Officials Influences Children and Parent Perceptions](#)

 Save insight

Leadership

**Shaping Attitudes: Exposure to Women Coaches and Officials Influences Children and Parent Perceptions**

[IWG: Helene Wilson - What happens when you create space in the system - Women in HP Sport Pilot](#)

 Save insight

Leadership

**IWG: Helene Wilson - What happens when you create space in the system - Women in HP Sport Pilot**

[Enhancing Participation Pathways for Women Coaches in Community Sport](#)

 Save insight

Leadership

**Enhancing Participation Pathways for Women Coaches in Community Sport**

[A development experience to remember](#)


 Save insight



Leadership

**A development experience to remember**


[A development experience to remember](#)

 Save insight

Leadership

**A development experience to remember**

[Parents Guide to getting young women and girls physically active](#)


 Save insight

Leadership

**Parents Guide to getting young women and girls physically active**

By Briana irving - Aktive - Auckland Sport & Recreation

[HERA Coaching Young Women and Girls Toolkit](#)

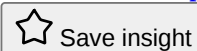
 Save insight

Leadership

# HERA Coaching Young Women and Girls Toolkit

By Briana irving - Aktive - Auckland Sport & Recreation

[IWG: Alexia Lopes - "No tits in the pits!": An exploratory research of female leaders in motorsports](#)



Leadership

**IWG: Alexia Lopes - "No tits in the pits!": An exploratory research of female leaders in motorsports**

[IWG: Vaidehi Vaidya, Women in Sport India - Mentoring the future leaders of women's sports](#)



Leadership

**IWG: Vaidehi Vaidya, Women in Sport India - Mentoring the future leaders of women's sports**

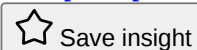
[IWG: Tania Cassidy & Jessica Fuller - Building capability in NZ female football coaches: The journey of a mentor and mentee.](#)



Leadership

**IWG: Tania Cassidy & Jessica Fuller - Building capability in NZ female football coaches: The journey of a mentor and mentee.**

[Hera principles](#)



Leadership

**Hera principles**

By Briana irving - Aktive - Auckland Sport & Recreation

[IWG: Sari Tuunainen - Coach Like a Woman in Combat Sports](#)



Leadership

**IWG: Sari Tuunainen - Coach Like a Woman in Combat Sports**

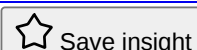
[IWG: Hanna Huuonen - Bye bye, binary! Introducing intersectionality in sports instructing](#)



Leadership

**IWG: Hanna Huuonen - Bye bye, binary! Introducing intersectionality in sports instructing**

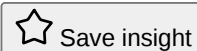
[IWG: Akane Mikura - JBA progress of developing women coach](#)




Leadership

## IWG: Akane Mikura - JBA progress of developing women coach

[Te Whāriki Hou- Te Mana o te Wahine](#)



 Te Whāriki Hou

Leadership

## Te Whāriki Hou- Te Mana o te Wahine

By Amy McClintock - Basketball New Zealand

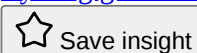
[IWG: Dr Lana McCarthy There's No One Way To Coach: Practitioner' Perspectives On Team Leadership And Culture](#)



Leadership

## IWG: Dr Lana McCarthy There's No One Way To Coach: Practitioner' Perspectives On Team Leadership And Culture

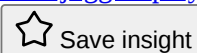
[Cycling great dodges potholes in life after sport](#)



Leadership

## Cycling great dodges potholes in life after sport

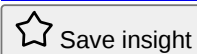
[Fern juggles player and coach roles](#)



Leadership

## Fern juggles player and coach roles

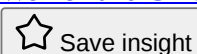
[Podcast: Raelene Castle: Leadership Lessons as CEO of Rugby Australia, Bulldogs, Sport New Zealand and more!](#)



Leadership

## Podcast: Raelene Castle: Leadership Lessons as CEO of Rugby Australia, Bulldogs, Sport New Zealand and more!

[Women and Girls Strategy in Sport and Active Recreation - Sport NZ Commitment Progress Report](#)



Leadership

## Women and Girls Strategy in Sport and Active Recreation - Sport NZ Commitment Progress Report

By Rachel Howells - Sport New Zealand

[Improving Women's Experiences of Mentorship in Canadian Coaching](#)

☆ Save insight

Leadership

Improving Women’s Experiences of Mentorship in Canadian Coaching  
[Playing Sports May Be The Secret To Women’s Career Success](#)

☆ Save insight

Leadership

Playing Sports May Be The Secret To Women’s Career Success

[Nuku Ora W&G Week Collaboration Session](#)

☆ Save insight

Leadership

Nuku Ora W&G Week Collaboration Session

By Lily Joiner - Nuku Ora  
[Whanake o te Kōpara - Impacting young wāhine](#)




☆ Save insight

Leadership





Whanake o te Kōpara - Impacting young wāhine

By Merran Brockie-David - Women in Sport Aotearoa

Our Partners

-  Sport NZ
-  NZ Foreign affairs and trade
-  US Embassy NZ

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [Twitter](#)
-  [YouTube](#)
- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa

Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

Name:

Email:

[Subscribe](#) >



Close panel

## Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:\*

Email:\*

### Preferences

Select those that apply to you to help us customise your Insight Hub experience.

#### Insight Themes

- ☒ All
- ☒ Leadership
- ☒ Social Change
- ☒ Active Lives
- ☒ High Performance
- ☒ Visibility and Voice

#### Insight Content Types

- ☒ All
- ☒ Research
- ☒ Case studies
- ☒ News stories
- ☒ Toolkits

Subscribe now >