

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](#) 

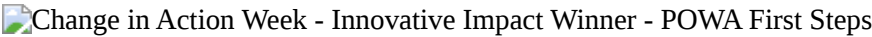


Toggle navigation

[Submit](#) 

Change in Action Week - Innovative Impact Winner - POWA First Steps

Theme:
Voice & Visibility



Innovative Impact Winner - POWA First Steps

First Steps Outdoors (POWA) run outdoor recreation activities. They observed that many women stood on the sidelines as they didn't have the time, confidence, support or opportunity to give the activities a go. They decided to create a programme for women to give them a safe space with women-only activities, fostering a supportive environment and an opportunity to get involved in outdoor activities with other women to support them.


POWA is a free community of like-minded women who want to enjoy the outdoors and is for women run by women. They run a Facebook group that any woman can join where they launch their Women's Only events and also encourage others to share activities, articles of interest and link together to undertake their own outdoor adventures. As well as local women and girls they have had ladies joining from Whakatane, Taupo and Auckland.


Many of the women feedback that their daughters would love something similar for young women, and so they now run Girl POWA with a similar model.


Since starting POWA in May 2022 they have taken 355 women and girls on 14 adventures.



[Play video](#)


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



Download

Download Insight assets

- [Change in Action Week - Innovative Impact Winner - POWA First Steps.pdf](#)
- [Screenshot 2024-09-16 at 11.21.38.png 1.1MB PNG](#)

Was this Insight useful?



Similar Insights (127)

[Change in Action Week - Digital Innovation FINALIST - Ella Ferguson](#)

☆

Save insight

Voice & Visibility

Change in Action Week - Digital Innovation FINALIST - Ella Ferguson

[Change in Action Week - Digital Innovation Winner - WomenzSports](#)

☆

Save insight

Voice & Visibility

Change in Action Week - Digital Innovation Winner - WomenzSports

[CBT at Falk College: Empowering Women, Creating Inclusive Environments](#)

☆

Save insight

Voice & Visibility

CBT at Falk College: Empowering Women, Creating Inclusive Environments

[Stephanie to take part in Women’s Sport Leadership Academy](#)

☆

Save insight

Voice & Visibility

Stephanie to take part in Women’s Sport Leadership Academy

[Women in Sport 2024: Analysis of the Sport Value Chain - Media Broadcasting, Sponsorship and Deals Attendance](#)

☆

Save insight

Voice & Visibility

Women in Sport 2024: Analysis of the Sport Value Chain - Media Broadcasting, Sponsorship and Deals Attendance


[The Growth of Women’s Sports and Why It Matters for Youth Sport](#)

 Save insight

Voice & Visibility

The Growth of Women’s Sports and Why It Matters for Youth Sport


[Change in Action Week 2024 Winners](#)

 Save insight

Voice & Visibility

Change in Action Week 2024 Winners


[Podcast: The Business case for woman's sport - Ep.#104 going for gold:](#)

 Save insight

Voice & Visibility

Podcast: The Business case for woman's sport - Ep.#104 going for gold:

[Paris 2024: Athletes say work isn't over after Olympics reaches gender parity](#)

 Save insight

Voice & Visibility

Paris 2024: Athletes say work isn't over after Olympics reaches gender parity


[Olympics 2024: Ranking every New Zealand athlete and their chances of a medal at the Games](#)

 Save insight

Voice & Visibility

Olympics 2024: Ranking every New Zealand athlete and their chances of a medal at the Games


[The Women in Sport Podcast - General Election Special: Tackling Heath Inequalities](#)

 Save insight

Voice & Visibility

The Women in Sport Podcast - General Election Special: Tackling Heath Inequalities

[Women in Sport Aotearoa's Change in Action Week](#)

 Save insight

Voice & Visibility

Women in Sport Aotearoa's Change in Action Week

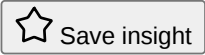
By Merran Brockie-David - Women in Sport Aotearoa
[Sport NZ - Media and Gender Study - 4th Annual Report](#)



Voice & Visibility

Sport NZ - Media and Gender Study - 4th Annual Report

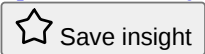
By Emma Evans - Sport New Zealand
[WISPA's Change in Action Week 2024](#)



Voice & Visibility

WISPA's Change in Action Week 2024

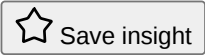
By Merran Brockie-David - Women in Sport Aotearoa
[Sport Canterbury's Project Pink Dot](#)



Voice & Visibility

Sport Canterbury's Project Pink Dot

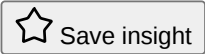
By Rachel Harris - Sport Canterbury West Coast
[See it to be in it: Promoting women in sport](#)



Voice & Visibility

See it to be in it: Promoting women in sport

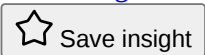
By Merran Brockie-David - Women in Sport Aotearoa
[Wine, Cheese, and Wāhine Initiatives - Nuku Ora](#)



Voice & Visibility

Wine, Cheese, and Wāhine Initiatives - Nuku Ora

By Lily Joiner - Nuku Ora
[Ali Pottinger - The future of trail running for women in Australasia](#)

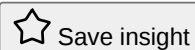


Voice & Visibility

Ali Pottinger - The future of trail running for women in Australasia

By Ali Pottinger - Squadrun

[WOMENZSPORTS presents Alice Soapbox: Mea Motu](#)

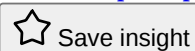


Voice & Visibility

WOMENZSPORTS presents Alice Soapbox: Mea Motu

By Dani Marshall - Womensports

[WomensSports presents Alice's soapbox: Emma Twigg \(Rowing\)](#)

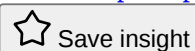


Voice & Visibility

WomensSports presents Alice's soapbox: Emma Twigg (Rowing)

By Dani Marshall - Womensports

[WomensSports presents Alice's soapbox: Shiray Kaka \(Rugby 7's\)](#)

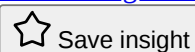


Voice & Visibility

WomensSports presents Alice's soapbox: Shiray Kaka (Rugby 7's)

By Dani Marshall - Womensports

[Fundraising for Women's Sports in New Zealand](#)



Voice & Visibility

Fundraising for Women's Sports in New Zealand

By Dani Marshall - Womensports

[FIFA Women's World Cup Media & Gender Case Study 2023](#)



Voice & Visibility

FIFA Women's World Cup Media & Gender Case Study 2023

By Emma Evans - Sport New Zealand

[Change in Action - 1 Year on from IWG Webinar](#)

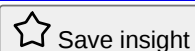


Voice & Visibility

Change in Action - 1 Year on from IWG Webinar

By Merran Brockie-David - Women in Sport Aotearoa

[2022 IWG: Phil Clark - Using Research and Advocacy to Improve the Gender Balance of Sports Coverage](#)



Voice & Visibility

2022 IWG: Phil Clark - Using Research and Advocacy to Improve the Gender Balance of Sports Coverage
[Equal pay commitments set for women’s sport in NSW, lead by female advocates](#)

☆ Save insight

Voice & Visibility

Equal pay commitments set for women’s sport in NSW, lead by female advocates

By Merran Brockie-David - Women in Sport Aotearoa
[Change Our Game State of Play Survey 2022-2023](#)

☆ Save insight

Voice & Visibility

Change Our Game State of Play Survey 2022-2023

[Findings report – The Value of You Can Be What You Can See](#)

☆ Save insight

Voice & Visibility

Findings report – The Value of You Can Be What You Can See

[Tātāwhāinga - Episode 7: The Role of Sports Media](#)

☆ Save insight

Voice & Visibility

Tātāwhāinga - Episode 7: The Role of Sports Media

By Erin Roxburgh - Women in Sport Aotearoa
[Tātāwhāinga - Episode 6: Hosting Major Events](#)

☆ Save insight

Voice & Visibility

Tātāwhāinga - Episode 6: Hosting Major Events

By Erin Roxburgh - Women in Sport Aotearoa
[Tātāwhāinga - Episode 5: Athletes: Humans or Commodities Part 2](#)

☆ Save insight

Voice & Visibility

Tātāwhāinga - Episode 5: Athletes: Humans or Commodities Part 2

By Erin Roxburgh - Women in Sport Aotearoa
[Tātāwhāinga - Episode 1: Welcome to Tātāwhāinga](#)

 Save insight

Voice & Visibility

Tātāwhāinga - Episode 1: Welcome to Tātāwhāinga


By Erin Roxburgh - Women in Sport Aotearoa
[Podcast: The Business Case For Woman's Sports - Ep.#103 What parity and surveymonkey's research revealed about what international consumers think about woman's sports](#)

 Save insight

Voice & Visibility

Podcast: The Business Case For Woman's Sports - Ep.#103 What parity and surveymonkey's research revealed about what international consumers think about woman's sports


[We Hear Her Podcast: Nardi Leonard](#)

 Save insight

Voice & Visibility

We Hear Her Podcast: Nardi Leonard


[Relational Leadership, Visibility & Voice](#)

 Save insight

Voice & Visibility

Relational Leadership, Visibility & Voice


By Kirsten Spencer - Auckland University of Technology
[University of Otago Inclusive Language Guidelines](#)

 Save insight

Voice & Visibility

University of Otago Inclusive Language Guidelines


[SASS Talk Podcast - Sevens sensation giving dance another fling](#)

 Save insight

Voice & Visibility

SASS Talk Podcast - Sevens sensation giving dance another fling


[How men can become better Allies to Women](#)

 Save insight

Voice & Visibility

How men can become better Allies to Women


[How to be a male ally to women’s sport](#)

 Save insight

Voice & Visibility

How to be a male ally to women’s sport


[The Halo of Value Creation Opportunities Around Women’s Sports](#)

 Save insight

Voice & Visibility

The Halo of Value Creation Opportunities Around Women’s Sports

[Future Talent: Yasmeen Kareem](#)

 Save insight




Voice & Visibility

Future Talent: Yasmeen Kareem

By Vincent Jones - Edged and Gone


[IWG: Moonira Ramathula Moonira - Visibility and Voice](#)

 Save insight

Voice & Visibility

IWG: Moonira Ramathula Moonira - Visibility and Voice


[IWG: Adele Pavlidis - What has sex and gender got to do with it? Exploring tensions and assumptions for elite strength and conditioning coaches](#)

 Save insight

Voice & Visibility

IWG: Adele Pavlidis - What has sex and gender got to do with it? Exploring tensions and assumptions for elite strength and conditioning coaches


[Strategies To Elevate And Diversify Women’s Sports Coverage: Insights From The Gist](#)

 Save insight

Voice & Visibility

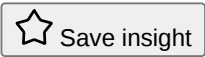
Strategies To Elevate And Diversify Women’s Sports Coverage: Insights From The Gist

[Wellington and Graham sign with Brave for Super Smash](#)

 Save insight

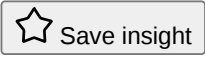
Wellington and Graham sign with Brave for Super Smash

By Vincent Jones - Edged and Gone
[IWG: Moonira Ramathula - Growing Professional Women's Rugby in Africa](#)



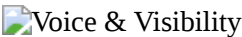
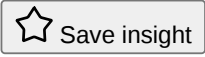
IWG: Moonira Ramathula - Growing Professional Women's Rugby in Africa

[Latest research from Women’s Sport Trust delves into visibility and fandom of women’s sport in 2023](#)



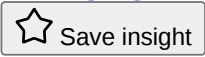
Latest research from Women’s Sport Trust delves into visibility and fandom of women’s sport in 2023

[Future Talent: Paige Loggenberg](#)



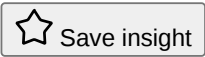
Future Talent: Paige Loggenberg

By Vincent Jones - Edged and Gone
[New Women’s Sport Trust Partnership With The R&A Reveals Women’s Sports Fans Feel Underserved Despite Record-Breaking Viewing Figures](#)



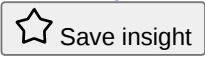
New Women’s Sport Trust Partnership With The R&A Reveals Women’s Sports Fans Feel Underserved Despite Record-Breaking Viewing Figures

[She’s Got Game](#)



She’s Got Game

[IWG: Troy Han - Celebrating Women In Sport](#)




IWG: Troy Han - Celebrating Women In Sport

[IWG: Gen Dohrmann - Reshaping the images we see of women's sport in Australia](#)

 Save insight

Voice & Visibility


IWG: Gen Dohrmann - Reshaping the images we see of women's sport in Australia
[New Zealand Names Third Ever Artistic Swimming Duo For Olympic Games](#)

 Save insight

Voice & Visibility

New Zealand Names Third Ever Artistic Swimming Duo For Olympic Games


[Grand Slam winner Routliffe, Sun to pair up for Paris tennis](#)

 Save insight

Voice & Visibility

Grand Slam winner Routliffe, Sun to pair up for Paris tennis


[Olympics 2024: Paris promised gender equality. Are TV commentators meeting that goal?](#)

 Save insight

Voice & Visibility

Olympics 2024: Paris promised gender equality. Are TV commentators meeting that goal?


[A level playing field: the case for investing in women's sport](#)

 Save insight

Voice & Visibility

A level playing field: the case for investing in women's sport


[Olympics 2024: Gold medallists Brooke Francis and Lucy Spoor on the challenges they faced](#)

 Save insight

Voice & Visibility

Olympics 2024: Gold medallists Brooke Francis and Lucy Spoor on the challenges they faced

[PARIS OLYMPICS 2024 Paris Olympics: Kiwi diver Lizzie Roussel returns from baby hiatus to rekindle Olympic dream](#)

 Save insight

Voice & Visibility


PARIS OLYMPICS 2024 Paris Olympics: Kiwi diver Lizzie Roussel returns from baby hiatus to rekindle Olympic dream

[Michele Kang Invests \\$50 Million to Boost Women’s Sports](#)

 Save insight

Voice & Visibility


Michele Kang Invests \$50 Million to Boost Women’s Sports
[Aotearoa New Zealand Gender Attitudes Survey 2023](#)

 Save insight

Voice & Visibility

Aotearoa New Zealand Gender Attitudes Survey 2023


By Maddi Mclean - Sport New Zealand
[2021 National Sport Club Survey - Female Friendly Environments](#)

 Save insight

Voice & Visibility

2021 National Sport Club Survey - Female Friendly Environments


By Maddi Mclean - Sport New Zealand
[Men as Allies: supporting women and girls in community sport](#)

 Save insight

Voice & Visibility

Men as Allies: supporting women and girls in community sport


[Olympic wāhine winning streak makes powerful case for more funding for women's sport](#)

 Save insight

Voice & Visibility

Olympic wāhine winning streak makes powerful case for more funding for women's sport


[Eliza wants more than a last tango in Paris](#)

 Save insight

Voice & Visibility

Eliza wants more than a last tango in Paris


[Scotty's Spin: Where Is New Zealand's Investment In Women's Sport?](#)

 Save insight

Voice & Visibility

Scotty's Spin: Where Is New Zealand's Investment In Women's Sport?


[Women's Sports Trust: Report into the positive impact of women's sport sponsorship on brands](#)

 Save insight

Voice & Visibility

Women's Sports Trust: Report into the positive impact of women's sport sponsorship on brands


[In a league of her own: WISPA Foundation Member Toni Bruce wins major award](#)

 Save insight

Voice & Visibility

In a league of her own: WISPA Foundation Member Toni Bruce wins major award


[Invisibility of female participants in midlife and beyond in sport and exercise science research: a call to action](#)

 Save insight

Voice & Visibility

Invisibility of female participants in midlife and beyond in sport and exercise science research: a call to action


[Women coaches in Aotearoa New Zealand - Research](#)

 Save insight

Voice & Visibility

Women coaches in Aotearoa New Zealand - Research


[Women's Ice Hockey on the Rise](#)

 Save insight

Voice & Visibility

Women's Ice Hockey on the Rise


[SASS Talk: Olympic cyclist's hellish ride to Paris](#)

 Save insight

Voice & Visibility

SASS Talk: Olympic cyclist's hellish ride to Paris


[Title IX was a game-changer, but women are still fighting for an equal playing field](#)

 Save insight

Voice & Visibility

Title IX was a game-changer, but women are still fighting for an equal playing field


[New Zealander Rebecca Foulsham's key Paralympics role](#)

 Save insight

Voice & Visibility

New Zealander Rebecca Foulsham's key Paralympics role


[SASS Talk: Behind the scenes of the Paris Olympics](#)

 Save insight

Voice & Visibility

SASS Talk: Behind the scenes of the Paris Olympics

[WomensSports present's Alice's Soapbox: Ruahei Demant \(Rugby 15's\)](#)


 Save insight

Voice & Visibility

WomensSports present's Alice's Soapbox: Ruahei Demant (Rugby 15's)

By Dani Marshall - Womenssports


[Lydia Ko within reach of golfing greats after staggering career earnings soar](#)

 Save insight

Voice & Visibility

Lydia Ko within reach of golfing greats after staggering career earnings soar


[The Women in Sport Podcast - The Rugby League World Cup: A lasting legacy](#)

 Save insight

Voice & Visibility

The Women in Sport Podcast - The Rugby League World Cup: A lasting legacy


[Overcoming the obstacles: How New Zealand women have shone at the Olympic Games](#)

 Save insight

Voice & Visibility

Overcoming the obstacles: How New Zealand women have shone at the Olympic Games

[Paris 2024 Olympics: A new era for women in sport](#)

 Save insight

Voice & Visibility

Paris 2024 Olympics: A new era for women in sport


[What women want: A wishlist from Kiwi wāhine in sport](#)

 Save insight

Voice & Visibility

What women want: A wishlist from Kiwi wāhine in sport


[Yeah, Nah: Is Lydia Ko New Zealand’s greatest ever sportsperson?](#)

 Save insight

Voice & Visibility

Yeah, Nah: Is Lydia Ko New Zealand’s greatest ever sportsperson?

[CJ’s Story Inspiring Inclusion](#)

 Save insight




Voice & Visibility

CJ’s Story Inspiring Inclusion

By Dantaye Simpson - Sport Manawatu


[2023 Women's Sporting Landscape](#)

 Save insight

Voice & Visibility

2023 Women's Sporting Landscape


[Who deserves New Zealand's highest sporting honour?](#)

 Save insight

Voice & Visibility

Who deserves New Zealand's highest sporting honour?


[Revealed: Portia’s next career step](#)

 Save insight

Voice & Visibility

Revealed: Portia’s next career step


[Lydia Ko’s Cinderella story](#)

 Save insight

Voice & Visibility

Lydia Ko’s Cinderella story

[Facts and figures: Women in sport](#)

 Save insight

Voice & Visibility

Facts and figures: Women in sport


[All Blacks v England: Sex act joke about female physio ‘harassment’](#)

 Save insight

Voice & Visibility

All Blacks v England: Sex act joke about female physio ‘harassment’


[IWG: Amy Marfell - The Power of Digital Media for Everyday Activism and Advocacy](#)

 Save insight

Voice & Visibility

IWG: Amy Marfell - The Power of Digital Media for Everyday Activism and Advocacy


[IWG Muditambi Ravele - Visibility and Voice: Baby Steps Towards Changing Perceptions of Women Sport](#)

 Save insight

Voice & Visibility

IWG Muditambi Ravele - Visibility and Voice: Baby Steps Towards Changing Perceptions of Women Sport


[5 4 3 2 1 Paris: Jonelle Price](#)

 Save insight

Voice & Visibility

5 4 3 2 1 Paris: Jonelle Price


[Sail GP: how many women on the water this weekend?](#)

 Save insight

Voice & Visibility

Sail GP: how many women on the water this weekend?


[Taranaki Thunder bought by sports media company](#)

 Save insight

Voice & Visibility

Taranaki Thunder bought by sports media company


[Kiwi wins gold in groundbreaking women's event](#)

 Save insight

Voice & Visibility

Kiwi wins gold in groundbreaking women's event


[Paris Olympics 2024: Full New Zealand schedule](#)

 Save insight

Voice & Visibility

Paris Olympics 2024: Full New Zealand schedule


[Women in Sport Reports, Research and Expertise](#)

 Save insight

Voice & Visibility

Women in Sport Reports, Research and Expertise


[5 4 3 2 1 Paris: Eva Morris and Nina Brown](#)

 Save insight

Voice & Visibility

5 4 3 2 1 Paris: Eva Morris and Nina Brown


[The impact of uniform design on female athletes' confidence - Massey University](#)

 Save insight

Voice & Visibility

The impact of uniform design on female athletes' confidence - Massey University


[Pioneer women surfers reflect on their struggle for recognition](#)

 Save insight

Voice & Visibility

Pioneer women surfers reflect on their struggle for recognition


[Research Confirms Benefit of Increased Representation of Women on Boards](#)

 Save insight

Voice & Visibility

Research Confirms Benefit of Increased Representation of Women on Boards


[Paris Olympics throw spotlight on needs of athlete mothers](#)

 Save insight

Voice & Visibility

Paris Olympics throw spotlight on needs of athlete mothers


[Audio: Nicky van den Bos: On why people are reluctant to criticise women's sport?](#)

 Save insight

Voice & Visibility

Audio: Nicky van den Bos: On why people are reluctant to criticise women's sport?


[Basketball: Player payments double for Taihi Basketball Aotearoa](#)

 Save insight

Voice & Visibility

Basketball: Player payments double for Taihi Basketball Aotearoa


[Survey: Consumers want brands to invest in women's sports](#)

 Save insight

Voice & Visibility

Survey: Consumers want brands to invest in women's sports


[FIFA Women's World Cup economic, social impact 'exceeded expectations' - report](#)

 Save insight

Voice & Visibility

FIFA Women's World Cup economic, social impact 'exceeded expectations' - report


[The Conversation of Sport - Are Women Visible in Sports News Coverage?](#)

 Save insight

Voice & Visibility

The Conversation of Sport - Are Women Visible in Sports News Coverage?


[The Women in Sport Podcast - Paris 2024 Olympic Preview: Tessa Sanderson](#)

 Save insight

Voice & Visibility

The Women in Sport Podcast - Paris 2024 Olympic Preview: Tessa Sanderson


[The Women in Sport Podcast - Paris 2024 Olympic Preview: Joanna Rowsell](#)

 Save insight

Voice & Visibility

The Women in Sport Podcast - Paris 2024 Olympic Preview: Joanna Rowsell


[Diversity and Inclusion Survey](#)

 Save insight

Voice & Visibility

Diversity and Inclusion Survey


[Super Rugby Aupiki: Blues co-captain Ruahei Demant pleads for greater funding in women's rugby](#)

 Save insight

Voice & Visibility

Super Rugby Aupiki: Blues co-captain Ruahei Demant pleads for greater funding in women's rugby


[UNESCO Report: Women and girls' access to sport still lagging far behind](#)

 Save insight

Voice & Visibility

UNESCO Report: Women and girls' access to sport still lagging far behind


[IWG: Angelica Saenz - LTB+ Women's Movement is unstoppable, are you moving with us?](#)

 Save insight

Voice & Visibility

IWG: Angelica Saenz - LTB+ Women's Movement is unstoppable, are you moving with us?


[World Rugby's smaller ball proposal ignites debate on gender equality in sports](#)

 Save insight

Voice & Visibility

World Rugby's smaller ball proposal ignites debate on gender equality in sports

[IWG: Emily Dealy - Using sport as a vehicle for positive social change: A framework advancing social outputs, outcomes and impact of the 'Game on for Women' strategy.](#)

 Save insight

Voice & Visibility

IWG: Emily Dealy - Using sport as a vehicle for positive social change: A framework advancing social outputs, outcomes and impact of the ‘Game on for Women’ strategy


[Video: Yarns with Commonwealth Games athlete Alethea Boon](#)

 Save insight

Voice & Visibility

Video: Yarns with Commonwealth Games athlete Alethea Boon


[Super Rugby Aupiki: Navigating challenges for the growth of women’s rugby](#)

 Save insight

Voice & Visibility

Super Rugby Aupiki: Navigating challenges for the growth of women’s rugby


[The Rise of Women’s Sports Isn’t a Moment, It’s a Movement | Analysis](#)

 Save insight

Voice & Visibility

The Rise of Women’s Sports Isn’t a Moment, It’s a Movement | Analysis

[IWG: Sally Rae - Level playing fields do not exist](#)

 Save insight

Voice & Visibility

IWG: Sally Rae - Level playing fields do not exist


[NZ's Female Medal Prospects in Paris](#)

 Save insight

Voice & Visibility

NZ's Female Medal Prospects in Paris


[IWG Jordan Matthews & Lucy Piggott - Is gender on the international agenda?](#)

 Save insight

Voice & Visibility


IWG Jordan Matthews & Lucy Piggott - Is gender on the international agenda?

[Mother’s Day: Professional athletes share the struggle of motherhood and their careers](#)

 Save insight

Voice & Visibility


Mother’s Day: Professional athletes share the struggle of motherhood and their careers
[Celebrating 30 years of IWG Women and Sport : IWG Webinar Series](#)

 Save insight

Voice & Visibility

Celebrating 30 years of IWG Women and Sport : IWG Webinar Series


[SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - The bounce-back of Squash Queen Joelle King](#)

 Save insight

Voice & Visibility

SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - The bounce-back of Squash Queen Joelle King


[SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - Embracing boobs and babies](#)

 Save insight

Voice & Visibility

SASS Talk Podcast - Sarah Cowley Ross & Suzanne McFadden - Embracing boobs and babies


[The ROI of Women’s Sports: A Blueprint for Value Investing](#)

 Save insight

Voice & Visibility

The ROI of Women’s Sports: A Blueprint for Value Investing

[Dalton's special connection to Southland lives on through foundation's gift](#)

 Save insight

Voice & Visibility

Dalton's special connection to Southland lives on through foundation's gift



[A PERIOD THAT STARTS A CONVERSATION: FEMALE ATHLETES BREAK THE TABOO ON MENSTRUATION IN ELITE SPORT](#)

 Save insight





Voice & Visibility

A PERIOD THAT STARTS A CONVERSATION: FEMALE ATHLETES BREAK THE TABOO ON MENSTRUATION IN ELITE SPORT

Our Partners

-  Sport NZ
-  NZ Foreign affairs and trade

-  US Embassy NZ 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

 Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa

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 