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

Theme:
Leadership

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

Co-authored by Ellie Eastwood, Sport Northland

I want to start off with one of my most important reflections from the programme; the value of your network. The importance of being surrounded by like-minded people has never been clearer. At the second wānanga, we had the wāhine from Women in Sport Waitaha come speak to us; they took us through their journey, and we soon learnt that what had started off as a conversation over drinks became a local network full of incredible leaders, movers, shakers, influencers, participants and supporters, doing amazing mahi to champion gender equity in sport. It really showcased the strength in collaboration and collective action.

Whanake o te Kōpara has also proven to me the depth and breadth of all aspects of wellbeing; where previously so much of my vision was focused on proving the value of physical activity, I am now valuing and understanding the importance of social relationships more. Truly connecting, feeling uplifted and understood by those around you, makes a world of difference towards daily motivation and achieving your goals.

A few weeks post our last wānanga, I visited Sky at Taupō Bay in the Far North, where her surf school was operating that day. Having a korero about the kaupapa, it was easy for us to agree that the impact of Whanake o te Kōpara was both unmatched and unexplainable. “Connecting with these wahine and getting a wider perspective on the positive impact they're having has been incredibly inspiring and challenges me to do more, to do better, to continue trying to make change, to back myself, to follow through with my ideas, and that it's okay to make mistakes”, Sky commented, also mentioning how valuable it was “to come together and share those ideas in an environment where we feel so optimistic and positively challenged.”

This is an ode to the environment created by the wonderful wāhine who lead and facilitate Whanake o te Kōpara; Fran McEwen, Sarah Leberman, Erin Roxburgh, and Merran Brockie-David. Furthermore, we had opportunities to hear about their journeys, learn from their experiences, and feel comfortable enough to ask our silliest questions to these incredible leaders. Walking away and feeling confident that at any stage, we can reach out to call on them for advice or support – this is a privilege not taken lightly.



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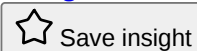
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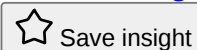
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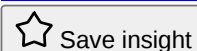
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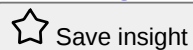
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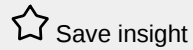
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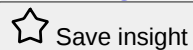
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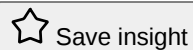
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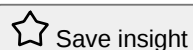


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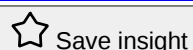
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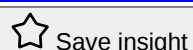
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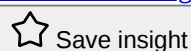


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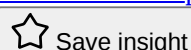


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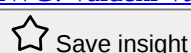
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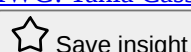
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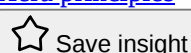
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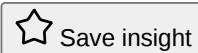
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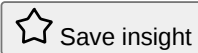
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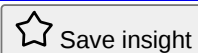
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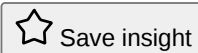
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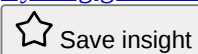
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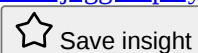
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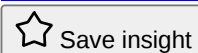
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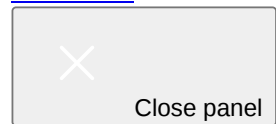
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