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# Whanake o te Kōpara - Four Year Impact Report

Theme:  
Leadership

 Whanake o te Kōpara - Four Year Impact Report

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**Whanake o te Kōpara is an award winning leadership development programme established for young women aged 18 to 24. 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 the fourth cohort delivered in 2024.

The programme was awarded the Leadership in Diversity and Inclusion Award at the New Zealand Sport + Recreation Awards 2024.

We're thrilled to share the release of the Four-Year Impact Report. This report highlights the significant personal and professional growth experienced by participants across the past four cohorts.

One of the most powerful reflections comes from our co-facilitator, Sarah Leberman: "Imagine what that would feel like – if wherever we go and whatever we do, our mana is uplifted." This perfectly captures the essence of our programme and its impact.

Watch the inspiring video below and dive into the insights in the full report to see how this transformative programme has empowered wāhine to achieve their goals and make a significant impact in their fields.

The four year impact report and video are available below.

[See our individual annual impact reports here.](#)

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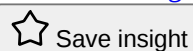
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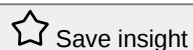


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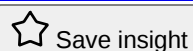


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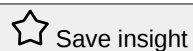


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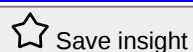


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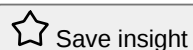


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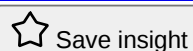
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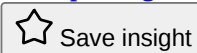
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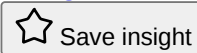
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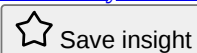
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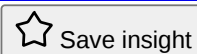
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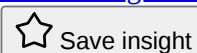
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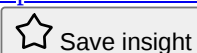
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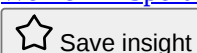
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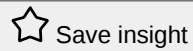
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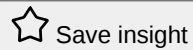


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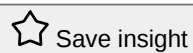
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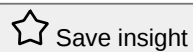
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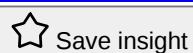
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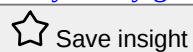
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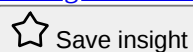
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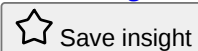
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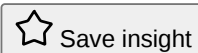
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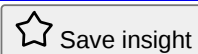
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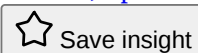


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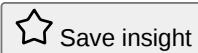
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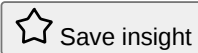
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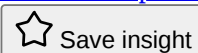
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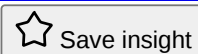
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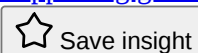
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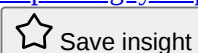
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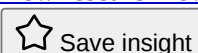
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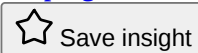




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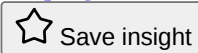
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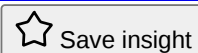
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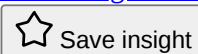
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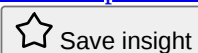
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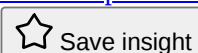


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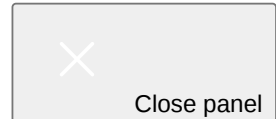
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