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# **HERA Coaching Young Women and Girls Toolkit**

Theme: Leadership

HERA Coaching Young Women and Girls Toolkit

#### **Briana** irving

Co-authored by Aktive

Aktive - Auckland Sport & Recreation

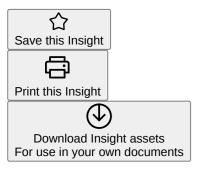


Message Briana

A tool kit for coaches to understand what girls want from a coach and how to create a safe and supportive environment. This tool kit will influence coaching styles to ensure that the delivery will bring the best out of the young women and girl's that are being coached.

# **Downloads & Resource Files**

• hera-coaching-toolkit-2021.pdf 2.4MB PDF



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#### **Related Insights from Briana**

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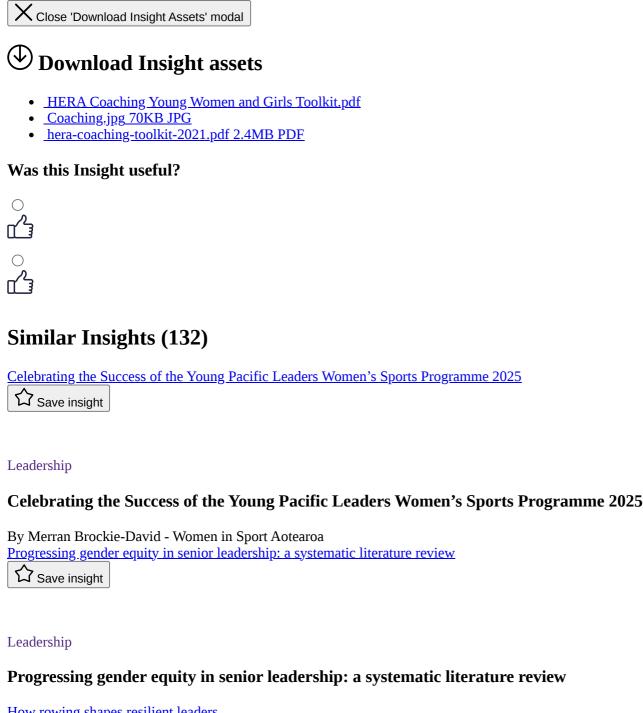




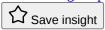




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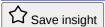
How rowing shapes resilient leaders



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#### How rowing shapes resilient leaders

Pacific Women's Sports Leadership Programme Expands: On-Island Workshops Coming to Fiji & Tonga



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Pacific Women's Sports Leadership Programme Expands: On-Island Workshops Coming to Fiji & Tonga

Young Pacific Leaders Women's Sports Programme - Week One Video



#### Young Pacific Leaders Women's Sports Programme - Week One Video

By Merran Brockie-David - Women in Sport Aotearoa <u>Sport Horizon UK's Annual Training Plan – Free Download</u>

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#### **Sport Horizon UK's Annual Training Plan – Free Download**

Fresh off the Field podcast featuring WISPA CEO Nicky van den Bos



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#### Fresh off the Field podcast featuring WISPA CEO Nicky van den Bos

Young Pacific Leaders Sports Programme Off to a Strong Start in Aotearoa, New Zealand

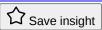


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#### Young Pacific Leaders Sports Programme Off to a Strong Start in Aotearoa, New Zealand

By Merran Brockie-David - Women in Sport Aotearoa

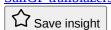
From Aotearoa to the Pacific: 11 New Zealand Sports Organisations Back 2025 YPL Sports Programme to Shape Future Leaders



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# From Aotearoa to the Pacific: 11 New Zealand Sports Organisations Back 2025 YPL Sports Programme to Shape Future Leaders

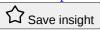
By Merran Brockie-David - Women in Sport Aotearoa SailGP trailblazers to rising Kiwi stars - 'Don't let failure hold you back!'



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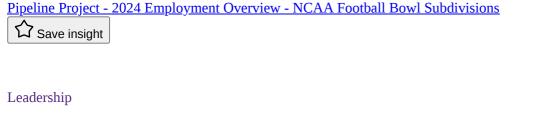
#### SailGP trailblazers to rising Kiwi stars - 'Don't let failure hold you back!'

King and Kloss: More to be conquered What drives Billie Jean King and Ilana Kloss to power forward with decades-long support of women's sports



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King and Kloss: More to be conquered What drives Billie Jean King and Ilana Kloss to power forward with decades-long support of women's sports



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Young Pacific Leaders Women's Sport Programme Announces Selection of 14 Emerging Female Leaders in Sport



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By Merran Brockie-David - Women in Sport Aotearoa Marguerite delighted to receive New Year Honour



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### Marguerite delighted to receive New Year Honour

By Steve Landells - Paralympics New Zealand Roche relishing Boccia to Wheelchair rugby switch



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# Roche relishing Boccia to Wheelchair rugby switch

By Steve Landells - Paralympics New Zealand

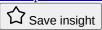
U.S. Soccer announces landmark \$30 million donation for women's programme



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#### U.S. Soccer announces landmark \$30 million donation for women's programme

Champion coach's surprise pivot to the men

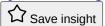


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# Champion coach's surprise pivot to the men

By Suzanne McFadden - LockerRoom

Sports Mentoring delegate hopes to bring lessons from NHL to home in New Zealand



#### Sports Mentoring delegate hopes to bring lessons from NHL to home in New Zealand

Young Pacific Leaders Women's Sport Programme to empower emerging female leaders in the Pacific Islands

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# Young Pacific Leaders Women's Sport Programme to empower emerging female leaders in the Pacific Islands

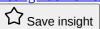
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#### Rise and Thrive: Empowering female coaches

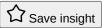
Young Pacific Leaders Women's Sports Programme



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#### Young Pacific Leaders Women's Sports Programme

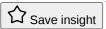
By Merran Brockie-David - Women in Sport Aotearoa Football Victoria Making Change



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## **Football Victoria Making Change**

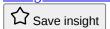
Female full-court press in basketball takeover



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#### Female full-court press in basketball takeover

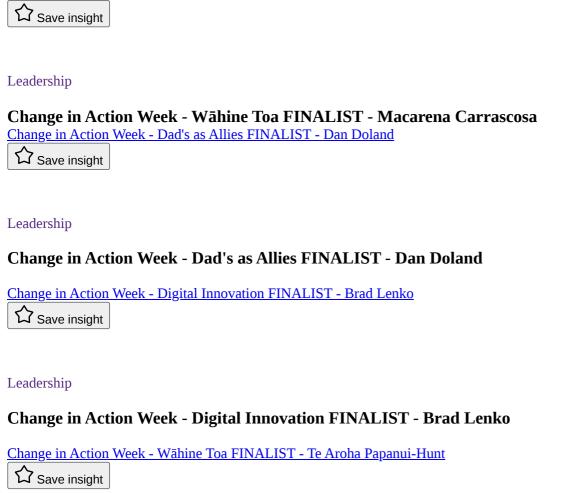
By Suzanne McFadden - LockerRoom Change in Action Week - Innovative Impact FINALIST - Cambridge FC



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

Change in Action Week - Wāhine Toa FINALIST - Macarena Carrascosa



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

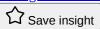
Change in Action Week - Pioneer of Change Winner - Kimberley Kan



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

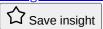
Change in Action Week - Wāhine Toa Winner - Shanee Kiriau



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Change in Action Week - Wāhine Toa Winner - Shanee Kiriau

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

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

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

By Merran Brockie-David - Women in Sport Aotearoa Gender Equity in Coaching Webinar



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#### **Gender Equity in Coaching Webinar**

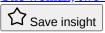
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# Women and Girls Referees: Building a Transformative Infrastructure

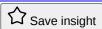
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#### One woman, two chairs at top of NZ sport

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



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

Tātāwhāinga - Episode 10: Gender Equity



# Tātāwhāinga - Episode 10: Gender Equity

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#### Tātāwhāinga - Episode 9: Sport Leadership

By Erin Roxburgh - Women in Sport Aotearoa

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



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

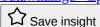


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Tātāwhāinga - Episode 3: Commercial Sports Organisations: a Case Study of the Hurricanes



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#### Young Women's Leadership Programme

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#### **Women & Girls Action Plan**

By Maddi Mclean - Sport New Zealand Ako Wāhine: Journey of Learning



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#### Ako Wāhine: Journey of Learning

By Heather Dawson - New Zealand Rugby Gender and Variation of Experience



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#### **Gender and Variation of Experience**

By Kirsten Spencer - Auckland University of Technology
New Zealand Coach selected for Inaugural FIBA / WABC Female Instructor Course



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# 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



Most kids are	only coached	l by men i	n junior s	port – womer	need to be pa	irt of the picture	e, too
<b>Charmaine Smith</b>	n cherishing oppo	ortunity to pl	lay internati	onal rugby			

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### Charmaine Smith cherishing opportunity to play international rugby

Professional athletes share the struggle of motherhood and their careers



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

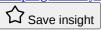
Te Hāpaitanga's role in advancing women in high performance coaching



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#### Te Hāpaitanga's role in advancing women in high performance coaching

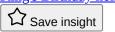
Keeping our Olympians cool, calm and bug-free



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# Keeping our Olympians cool, calm and bug-free

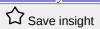
King's Birthday honours



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#### King's Birthday honours

Case Study - Annalie Longo - LockerRoom



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#### Case Study - Annalie Longo - LockerRoom

LockerRoom Story: Case Study - Rushlee Buchanan



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LockerRoom Story: Case Study - Rushlee Buchanan  IWG: Mel Johnston - Women in Community Sport Club Leadership  Save insight
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Trailblazing surf star lines up new gig

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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

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

Trailblazing basketballer making history in All Blacks management

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

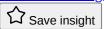
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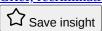
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#### Kiwi breaks the grass ceiling

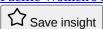
Grief, recriminations, then gold: How the wheel has turned for Cycling NZ



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

Pacific Women's Leadership Programme - Host organisation impact



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

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Sports Management Training Programme empowering women in Africa

Bringing Gender in Tool



Bringing Gender in Tool
Celebrating Champions of Change: Helene Wilson

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#### **Celebrating Champions of Change: Helene Wilson**

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



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

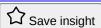
Celebrating Champions of Change: Rebecca Rolls



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**Celebrating Champions of Change: Rebecca Rolls** 

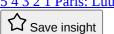
Pacific Women's Leadership impact: Pualele Craig



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

By Merran Brockie-David - Women in Sport Aotearoa 5 4 3 2 1 Paris: Luuka Jones



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Whanake o te Kōpara impact - 2023 Alumnae Kylie Heihei



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

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IWG: Fran McEwen - Whanake o te Kōpara: co-designing a leadership programme for young women
Launch of Basketball New Zealand Emerging Leaders Programme!

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## Launch of Basketball New Zealand Emerging Leaders Programme!

Wonder Women: Women Who Lead initiative launched

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#### Wonder Women: Women Who Lead initiative launched

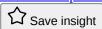
IWG: Michelle DeHighden - Developing our NextGEN Female Coaches



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# IWG: Michelle DeHighden - Developing our NextGEN Female Coaches

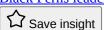
Kiwi Yarns podcast: Kiwi rower Emma Twigg on what it takes to be an Olympic champion



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

Black Ferns leader's momentous rugby deal



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### Black Ferns leader's momentous rugby deal

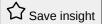
Supporting good governance through board gender diversity



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#### Supporting good governance through board gender diversity

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



Super Rugby Aupiki: Return to rugby daunting proposition for new mum, former Black Fern Chelsea
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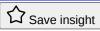
#### IWG: Hanna Huumonen - Bye bye, binary! Introducing intersectionality in sports instructing

IWG: Akane Mikura - JBA progress of developing women coach

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

Te Whāriki Hou- Te Mana o te Wahine



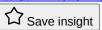
Te Whāriki Hou

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#### Te Whāriki Hou- Te Mana o te Wahine

By Amy McClintock - Basketball New Zealand

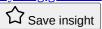
IWG: Dr Lana McCarthy There's No One Way To Coach: Practitioner' Perspectives On Team Leadership And Culture



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

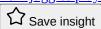
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#### Cycling great dodges potholes in life after sport

Fern juggles player and coach roles



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



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



# 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



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#### Improving Women's Experiences of Mentorship in Canadian Coaching

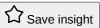
Playing Sports May Be The Secret To Women's Career Success



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#### Playing Sports May Be The Secret To Women's Career Success

Nuku Ora W&G Week Collaboration Session

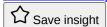


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By Lily Joiner - Nuku Ora

Whanake o te Kōpara - Impacting young wāhine



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#### Whanake o te Kōpara - Impacting young wāhine

By Merran Brockie-David - Women in Sport Aotearoa

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