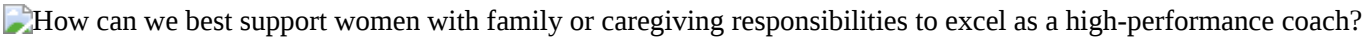
How can we best support women with family or caregiving responsibilities to excel as a high-performance coach?

Theme:
Leadership



Co-authored by Kristina Sue (NZ), Joy Jouret (Belgium) & Rose-:ee Numa (Papua New Guinea)- Women in Sport High Performance Pathway

 The research question was:
"How can we best support women with family and caregivers responsibilities to excel as a high-performance coach?"

Sue and Jourjet were acting as the "International Olympic Committee" (Diversity & Inclusion branch) presenting to the hypothetical audience of the "International Federations of All Olympic Sports"

Joy Jouret is from Belgium and coaches Field Hockey
Kristina Sue is from New Zealand coaching Rugby 7s.

"Women In Sport High Performance Pathways" (WISH) is an international coaching programme Sue and Jourjet are currently on (in partnership with the Olympic Solidarity Committee, International Federations (World Rugby) and NSO (NZ Rugby). Various coaches from all around the world are selected to be a part of this 2 year programme.

Download the survey results and recommendations

- FEMALE HIGH PERFORMANCE COACHES WHO ARE ALSO PARENT.pdf 3.7MB 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

- How can we best support women with family or caregiving responsibilities to excel as a high-performance coach?.pdf
- HP coaching.png 850KB PNG
- FEMALE HIGH PERFORMANCE COACHES WHO ARE ALSO PARENT.pdf 3.7MB PDF

Was this Insight useful?

Similar Insights (140)

English RFU launches landmark anti-sexism and misogyny policy

Save insight

Leadership

English RFU launches landmark anti-sexism and misogyny policy

LockerRoom: More than numbers: The equity gap in sport and recreation

Save insight

Leadership

LockerRoom: More than numbers: The equity gap in sport and recreation

LockerRoom: Understanding why a ‘national game’ comes a distant second

Save insight

Leadership

LockerRoom: Understanding why a ‘national game’ comes a distant second

By Erin Roxburgh - Women in Sport Aotearoa

LockerRoom: FIFA’s female coaching rule matters for Aotearoa

Save insight

Leadership

LockerRoom: FIFA’s female coaching rule matters for Aotearoa

Sophie Devine’s record cricket contract can’t disguise a stubborn pay gap in NZ women’s sport

Save insight

Leadership

Sophie Devine’s record cricket contract can’t disguise a stubborn pay gap in NZ women’s sport

By Erin Roxburgh - Women in Sport Aotearoa
Sport New Zealand Leadership Award for Katie Sadleir
Save insight

Leadership

Sport New Zealand Leadership Award for Katie Sadleir

New research shows that sports coaching in the UK is a hostile environment for women.
Save insight

Leadership

New research shows that sports coaching in the UK is a hostile environment for women.

2025 Rise & Thrive Women’s Coaching Summit
Save insight

Leadership

2025 Rise & Thrive Women’s Coaching Summit

By Merran Brockie-David - Women in Sport Aotearoa
Celebrating the Success of the Young Pacific Leaders Women’s Sports Programme 2025
Save insight

Leadership

Celebrating the Success of the Young Pacific Leaders Women’s Sports Programme 2025

By Merran Brockie-David - Women in Sport Aotearoa
Progressing gender equity in senior leadership: a systematic literature review
Save insight

Leadership

Progressing gender equity in senior leadership: a systematic literature review

How rowing shapes resilient leaders
Save insight

Leadership

How rowing shapes resilient leaders

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

Leadership

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

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

Save insight

Leadership

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

By Merran Brockie-David - Women in Sport Aotearoa

Sport Horizon UK’s Annual Training Plan – Free Download

Save insight

Leadership

Sport Horizon UK’s Annual Training Plan – Free Download

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

Save insight

Leadership

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

Save insight

Leadership

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

Save insight

Leadership

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!'

Save insight

Leadership

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

Save insight

Leadership

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

Pipeline Project - 2024 Employment Overview - NCAA Football Bowl Subdivisions

Save insight

Leadership

Pipeline Project - 2024 Employment Overview - NCAA Football Bowl Subdivisions

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

Save insight

Leadership

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

By Merran Brockie-David - Women in Sport Aotearoa

Marguerite delighted to receive New Year Honour

Save insight

Leadership

Marguerite delighted to receive New Year Honour

By Steve Landells - Paralympics New Zealand

Roche relishing Boccia to Wheelchair rugby switch

Save insight

Leadership

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

Save insight

Leadership

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

Champion coach’s surprise pivot to the men

Save insight

Leadership

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
Save insight

Leadership

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
Save insight

Leadership

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

By Merran Brockie-David - Women in Sport Aotearoa
Rise and Thrive: Empowering female coaches
Save insight

Leadership

Rise and Thrive: Empowering female coaches

Young Pacific Leaders Women's Sports Programme
Save insight

Leadership

Young Pacific Leaders Women's Sports Programme

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

Leadership

Football Victoria Making Change

Female full-court press in basketball takeover
Save insight

Leadership

Female full-court press in basketball takeover

By Suzanne McFadden - LockerRoom
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
Save insight

Leadership

Gender Equity in Coaching Webinar

By Canadian Women & Sport - Canadian Women & Sport
Women and Girls Referees: Building a Transformative Infrastructure
Save insight

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
Save insight

Leadership

One woman, two chairs at top of NZ sport

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

Leadership

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

Tātāwhāinga - Episode 10: Gender Equity

Save insight

Leadership

Tātāwhāinga - Episode 10: Gender Equity

By Erin Roxburgh - Women in Sport Aotearoa

Tātāwhāinga - Episode 9: Sport Leadership

Save insight

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
Young Women's Leadership Programme
Save insight

Leadership

Young Women's Leadership Programme

By Sarah Leberman MNZM - 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
Save insight

Leadership

Ako Wāhine: Journey of Learning

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

Leadership

Gender and Variation of Experience

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

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

Save insight

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

Save insight

Leadership

Charmaine Smith cherishing opportunity to play international rugby

Professional athletes share the struggle of motherhood and their careers

Save insight

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

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

Save insight

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

Save insight

Leadership

Kiwi breaks the grass ceiling

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

Save insight

Leadership

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

Pacific Women's Leadership Programme - Host organisation impact

Save insight

Leadership

Pacific Women's Leadership Programme - Host organisation impact

By Merran Brockie-David - Women in Sport Aotearoa
Women, Sport & Governance
Save insight

Leadership

Women, Sport & Governance

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

Leadership

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

The Reykjavík Index for Leadership
Save insight

Leadership

The Reykjavík Index for Leadership

'I'm saying this for the first time': AB's manager's road to the top
Save insight

Leadership

'I'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

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

Save insight

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

Save insight

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.

Save insight

Leadership

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

Hera principles

Save insight

Leadership

Hera principles

By Briana irving - Aktive - Auckland Sport & Recreation

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

Save insight

Leadership

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

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

Save insight

Leadership

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

IWG: Akane Mikura - JBA progress of developing women coach

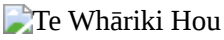
Save insight

Leadership

IWG: Akane Mikura - JBA progress of developing women coach

Te Whāriki Hou- Te Mana o te Wahine

Save insight



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

Save insight

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

Save insight

Leadership

Cycling great dodges potholes in life after sport

Fern juggles player and coach roles

Save insight

Leadership

Fern juggles player and coach roles

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

Save insight

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

Save insight

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 Sport NZ
- NZ Foreign affairs and trade NZ Foreign affairs and trade

- US Embassy NZ US Embassy NZ

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

- Facebook
- Instagram
- Linkedin
- TikTok
- YouTube

- Contact
- FAQs
- Privacy policy
- Terms of use

© 2026 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

- [x] All
- [x] Leadership
- [x] Social Change
- [x] Active Lives
- [x] High Performance
- [x] Visibility and Voice

Insight Content Types

- [x] All
- [x]

Research

- Case studies
- News stories
- Toolkits

Subscribe now