Skip to content Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa Open search panel Search Search the Insight Hub... Cancel

- <u>Insights</u> <u>Rangahau</u>
- Events Hui
- <u>Partnerships</u> <u>Rangapū</u>
- <u>Impact</u><u>Whakaaweawe</u>
- About Mō Mātou
 - Overview
 - <u>History</u>
 - Support
- ☆<u>0</u> Saved



- Sign in
- Submit





Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

Theme: Participation

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

Rachel Howells

Co-authored by Sport NZ, Wellington Cricket, Forward Foundation

Sport New Zealand

This webinar explores how providers can rethink their offering to cater better to young women by considering the length and timings of sessions as well as low commitment drop-in options.

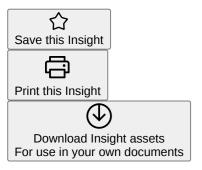
One of the reasons for the drop-off in participation of young women centres around overload of other commitments such as school work, 59% of 17-year-olds state they are just too busy.

During this webinar, we hear from our panel from the Forward Foundation and Wellington Cricket, who have diversified to engage more girls to participate.



<u>Play video</u>

Webinar 1: Rethinking the Offering



Was this Insight helpful?



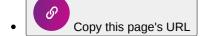


Share this Insight

















Email this Insight



① Download Insight assets

- Insights to Young Women's Participation Webinar #1 "Rethinking the offering".pdf
- Rethink the offering .jpg 560KB JPG

Was this Insight useful?





Similar Insights (85)

The rise of women's football in New Zealand



Participation

The rise of women's football in New Zealand

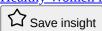
Good Practice Guide - Increasing participation of Muslim women and girls



Participation

Good Practice Guide - Increasing participation of Muslim women and girls

Healthy Women in Performance Sport



Participation

Healthy Women in Performance Sport

Making sport inclusive: Free period products in clubs - report

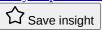


Participation

Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand

Rally Report 2024



Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport Women in Trail Running - Aotearoa 2015-24



Participation

Women in Trail Running - Aotearoa 2015-24

Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week



Participation

Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week

<u>UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports</u>



Participation

UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports

Adventures doing a POWA of good

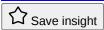


Participation

Adventures doing a POWA of good

By Angela Walker - LockerRoom

<u>Is Paris 2024 really achieving its goals for gender equality?</u>



Participation

Is Paris 2024 really achieving its goals for gender equality?

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia New legislation for gender identity and sex characteristics in Queensland sport



Participation

New legislation for gender identity and sex characteristics in Queensland sport

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia Strength, power and aerobic capacity of transgender athletes: a cross-sectional study



Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

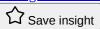
<u>Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football</u>



Participation

Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football

Change in Action Week - Innovative Impact FINALIST - Active Wāhine



Participation

Change in Action Week - Innovative Impact FINALIST - Active Wāhine

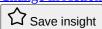
Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy



Participation

Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

<u> Change in Action Week - Rangatahi FINALIST - Sylvia Brunt</u>



Participation

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

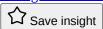
Change in Action Week - Innovative Impact FINALIST - Wahine Toa



Participation

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Change in Action Week - Rangatahi Winner - Carmel College



Participation

Change in Action Week - Rangatahi Winner - Carmel College

ADIDAS BREAKING BARRIERS RESEARCH



ADIDAS BREAKING BARRIERS RESEARCH

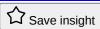
Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition



Participation

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN



Participation

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

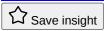


Participation

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

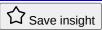
2022 IWG: Christine Young - Integrity in HP Youth Sport



Participation

2022 IWG: Christine Young - Integrity in HP Youth Sport

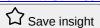
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



Participation

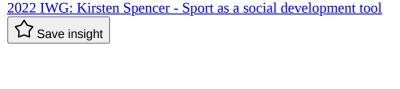
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton

2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wahine in Sport



Participation

2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wāhine in Sport



2022 IWG: Kirsten Spencer - Sport as a social development tool

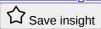
2022 IWG: Erin Hatton - Driving transformational change



Participation

2022 IWG: Erin Hatton - Driving transformational change

<u>Understanding Period Poverty Infographic</u>



Participation

Understanding Period Poverty Infographic

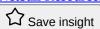
By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti Netball Resources for Clubs and School Administrators



Participation

Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand Girls Smash Modified Girls Only Cricket Programme



Participation

Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket <u>Innovative approaches to encouraging women's participation in Golf</u>



Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME Netball Volunteer Programme

Save insight

Participation

Netball Volunteer Programme

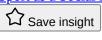
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



Participation

Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool

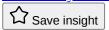


Participation

Participation

Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme



Participation

Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

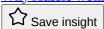
COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



Participation

COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

Why Aussie women's sport needs to talk about fertility



Participation

Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport

Save insight

She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport Sport for Sustainable Development: Designing Effective Policies and Programmes



Participation

Sport for Sustainable Development: Designing Effective Policies and Programmes

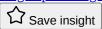
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



Participation

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

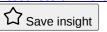
Huge uptick in girls and women playing football in New Zealand



Participation

Huge uptick in girls and women playing football in New Zealand

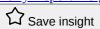
Resources on Male Allyship



Participation

Resources on Male Allyship

Rally Report Insights: Body Confidence



Participation

Rally Report Insights: Body Confidence

Rally Report Insights: Mental Health



Participation

Rally Report Insights: Mental Health

What type of uniforms do women want to wear when they referee or umpire sport?
Save insight
Participation
What type of uniforms do women want to wear when they referee or umpire sport?
Women & Padel: Start of a love story
Save insight
Device at the
Participation C. D. I.I. G. and G. I.
Women & Padel: Start of a love story
Empowering young women to lead their experiences - Journeys Central Otago Save insight
Save maight
Participation
Empowering young women to lead their experiences - Journeys Central Otago
By Rachel Howells - Sport New Zealand
<u>Creating safe environments for young women to be active their way</u>
Save insight
Participation
Creating safe environments for young women to be active their way
By Rachel Howells - Sport New Zealand Köhine māia
Save insight
Participation
Kōhine māia
By Rachel Howells - Sport New Zealand Yeah! Girls Move - Cricket not the way you know it
Save insight
Yeah! Girls Move
Participation
Yeah! Girls Move - Cricket not the way you know it
By Rachel Howells - Sport New Zealand For young women by young women - WORD girls-only programme

Save insight

For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand
Not just for the "sporty", the Not-So-Sports-Club

Save insight

Participation

Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand Manawatū Cricket Association case study



Participation

Manawatū Cricket Association case study

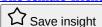
By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



Participation

Backyard Smash & Sista Smash

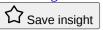
By Roxanna Holdworth - This is ME
The female-friendliness of New Zealand's tennis clubs



Participation

The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



Participation

Removing Period Poverty As a Barrier to Participation

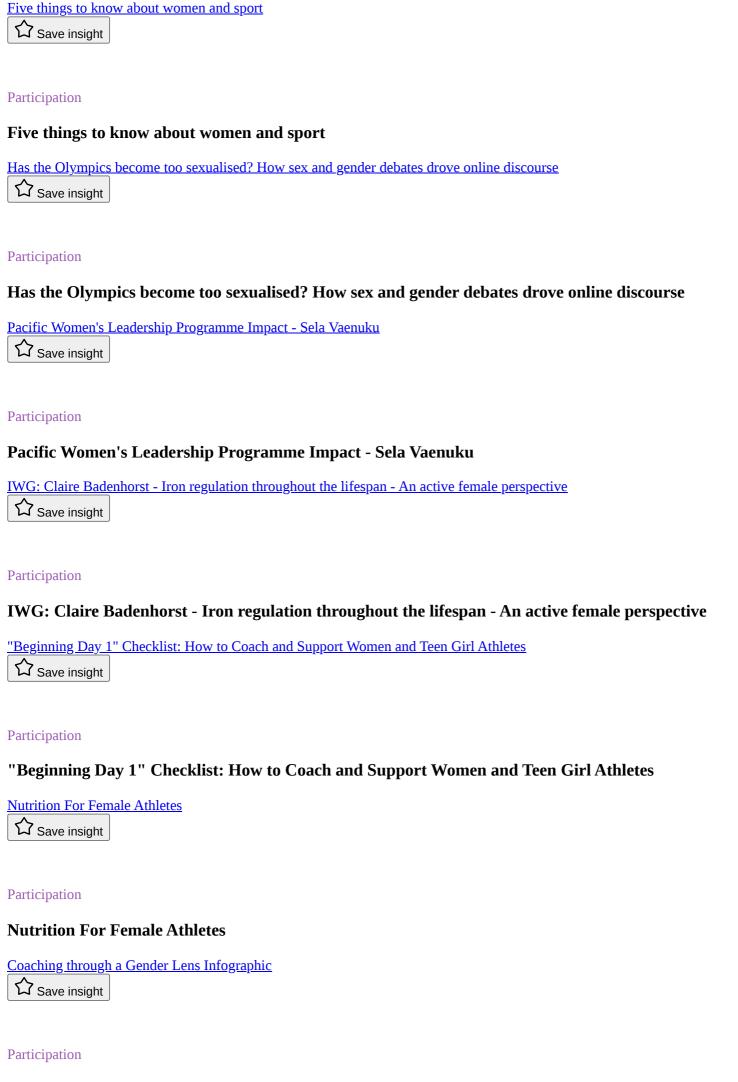
By Roxanna Holdworth - This is ME

Te Awamutu AFC starts 2024 off strong with growing demand

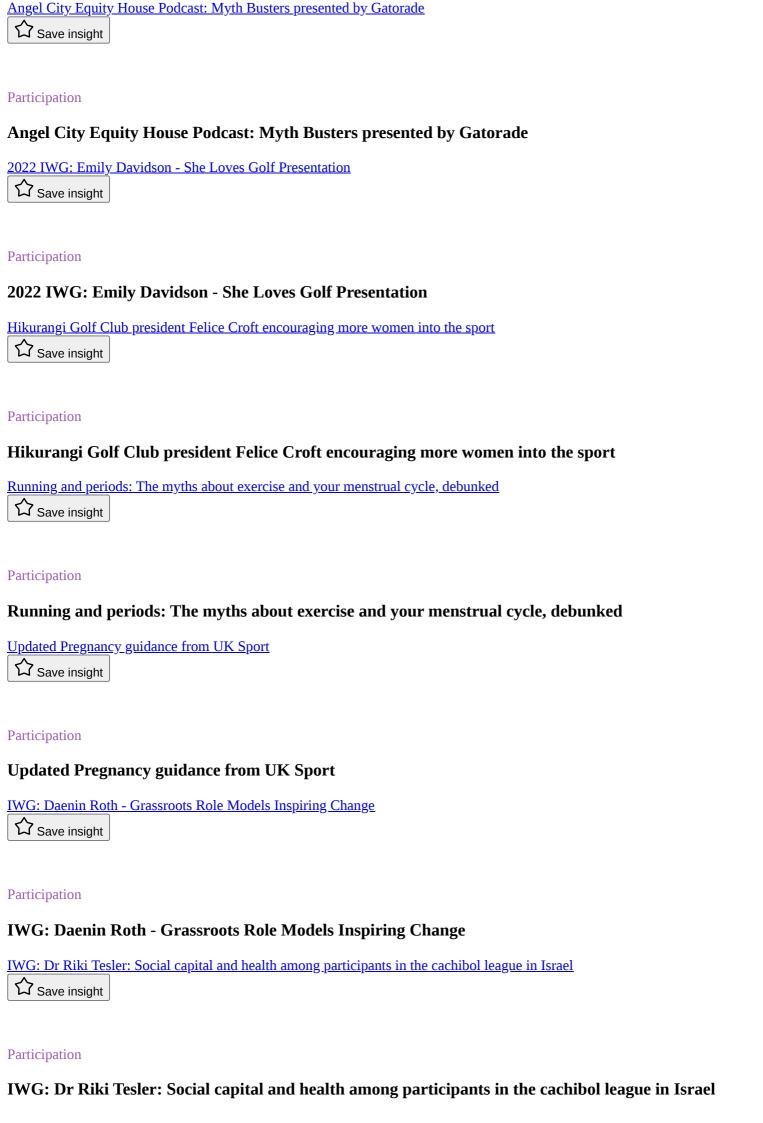


Participation

Te Awamutu AFC starts 2024 off strong with growing demand



Coaching through a Gender Lens Infographic



Participation
Young Women Profile - September 2021
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls Save insight
Participation
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls
New Zealand Football Performance & Prevention - Considerations for Female Athletes Save insight
Participation
New Zealand Football Performance & Prevention - Considerations for Female Athletes
IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill Save insight

Save insight

Participation

Participation

Co-Designing Effective Programmes for Young Girls: Insights and Principles

IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

Co-Designing Effective Programmes for Young Girls: Insights and Principles

By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants

Young Women Profile - September 2021

Save insight



Participation

Participation

How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation <u>Empowering Disengaged Girls Through A Participant-Centered Programme</u>

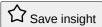


Participation

Participation

Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

Participation

Aktive Women & Girls Facility Guide

<u>Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"</u>



Participation

Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

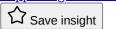
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



Participation

IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

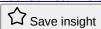
Supporting Disabled Teenage Girls to be Active



Participation

Supporting Disabled Teenage Girls to be Active

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL



Participation

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

<u>Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"</u>



Participation

Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

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



- **Instagram**
- Linkedin

- **Contact**
- <u>FAQs</u>
- <u>Privacy policy</u>
- Terms of use

© 2025 Women in Sport Aotearoa

Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

Name:	
Email:	
Subscribe >	
\times	
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 nan	ne:*	
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 >