 Open search panel




Search

Search the Insight Hub...



Cancel

- [Insights](#)  
[Rangahau](#)
- [Events](#)  
[Hui](#)
- [Partnerships](#)  
[Rangapū](#)
- [Impact](#)  
[Whakaaweawe](#)
- About  
Mō Mātou
  - [Overview](#)
  - [History](#)
  - [Support](#)
-  [0](#)  
[Saved](#)

 [0](#) Saved

 EN ▾

- [Sign in](#)
- [Submit](#) >

  Toggle navigation [Submit](#) >



# Well Wāhine Week Case Study

Theme:  
Participation

 Well Wāhine Week Case Study

[Helayna Ruifrok](#)

**In 2019, we convened group of regional champions for women and girls in sport/physical activity, called Well Wāhine (WW). This growing group connects 35 wāhine and kōhine across variety of leadership/advocacy roles connected to sport, physical activity, fitness, health, wellbeing. The purpose of this group is to address inequities that wāhine and kōhine face to being active and well. Ongoing conversations in the year prior to this project articulated, among other things, a desire to create opportunities to participate in ways that made wāhine feel safe and did more to meet their needs.**

## Well Wāhine Week Case Study & Insights

- [2021 Well Wāhine Feedback results.pdf 9.6MB PDF](#)
- [2021 Well Wāhine Week Case Study.pdf 4.4MB 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](#)

## Download Insight assets

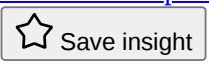
- [Well Wāhine Week Case Study.pdf](#)
- [Well wahine.jpg 770KB JPG](#)
- [2021 Well Wāhine Feedback results.pdf 9.6MB PDF](#)
- [2021 Well Wāhine Week Case Study.pdf 4.4MB PDF](#)

### Was this Insight useful?



## Similar Insights (89)

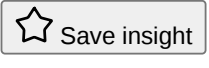
[Toolkit for a sports ecosystem with a gender perspective](#)



Participation

### Toolkit for a sports ecosystem with a gender perspective

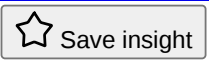
[Interview: The history and future of women and girls' football](#)



Participation

### Interview: The history and future of women and girls' football

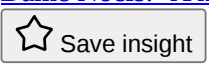
[Interview: Auckland FC launch 'The Next 50' to keep girls in football longer](#)



Participation

### Interview: Auckland FC launch 'The Next 50' to keep girls in football longer

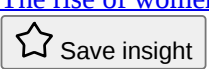
[Dame Noels: 'A huge cost on my career and life'](#)



Participation

### Dame Noels: 'A huge cost on my career and life'

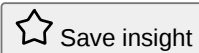
[The rise of women's football in New Zealand](#)



Participation

## The rise of women's football in New Zealand

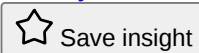
[Good Practice Guide - Increasing participation of Muslim women and girls](#)



Participation

## Good Practice Guide - Increasing participation of Muslim women and girls

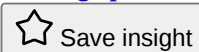
[Healthy Women in Performance Sport](#)



Participation

## Healthy Women in Performance Sport

[Making sport inclusive: Free period products in clubs - report](#)

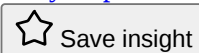


Participation

## Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand

[Rally Report 2024](#)

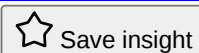


Participation

## Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport

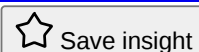
[Women in Trail Running - Aotearoa 2015-24](#)



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

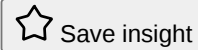
[UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports](#)



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](#)

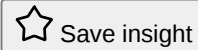


Participation

## Adventures doing a POWA of good

By Angela Walker - LockerRoom

[Is Paris 2024 really achieving its goals for gender equality?](#)

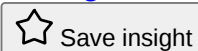


Participation

## 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](#)

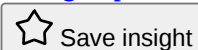


Participation

## 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](#)



Participation

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

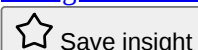
[Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football](#)



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](#)

 Save insight

Participation

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


[Change in Action Week - Rangatahi FINALIST - Sylvia Brunt](#)

 Save insight

Participation

## **Change in Action Week - Rangatahi FINALIST - Sylvia Brunt**


[Change in Action Week - Innovative Impact FINALIST - Wāhine Toa](#)

 Save insight

Participation

## **Change in Action Week - Innovative Impact FINALIST - Wāhine Toa**

[Change in Action Week - Rangatahi Winner - Carmel College](#)

 Save insight

Participation

## **Change in Action Week - Rangatahi Winner - Carmel College**

[ADIDAS BREAKING BARRIERS RESEARCH](#)

 Save insight

Participation

## **ADIDAS BREAKING BARRIERS RESEARCH**

[Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition](#)

 Save insight

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](#)


 Save insight

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](#)


 Save insight

Participation

## A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun


[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)

 Save insight

Participation

## 2022 IWG: Christine Young - Integrity in HP Youth Sport


[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)

 Save insight

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 Wāhine in Sport](#)

 Save insight

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](#)

 Save insight

Participation

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


[2022 IWG: Erin Hatton - Driving transformational change](#)

 Save insight

Participation

## 2022 IWG: Erin Hatton - Driving transformational change

[Understanding Period Poverty Infographic](#)

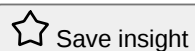
 Save insight

Participation

## Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

[Netball Resources for Clubs and School Administrators](#)

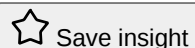


Participation

## Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)

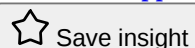


Participation

## Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)

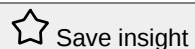


Participation

## Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)

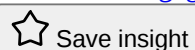


Participation

## Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

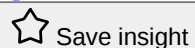
[Mind. Set. Engage. Rugby's mental wellbeing programme.](#)



Participation

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

[Sport as a Social Development Tool](#)



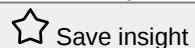
 Participation

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](#)

 Save insight

Participation

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


[Why Aussie women's sport needs to talk about fertility](#)

 Save insight

Participation

## Why Aussie women's sport needs to talk about fertility

[She Belongs: Building Social Connection for Lasting Participation in Sport](#)


 Save insight

Participation

## 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](#)

 Save insight

Participation

## Sport for Sustainable Development: Designing Effective Policies and Programmes


[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)

 Save insight

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](#)

 Save insight

Participation

## Huge uptick in girls and women playing football in New Zealand

[Resources on Male Allyship](#)

 Save insight

Participation

### Resources on Male Allyship

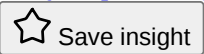
[Rally Report Insights: Body Confidence](#)



Participation

### Rally Report Insights: Body Confidence

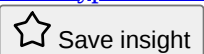
[Rally Report Insights: Mental Health](#)



Participation

### Rally Report Insights: Mental Health

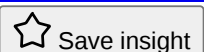
[What type of uniforms do women want to wear when they referee or umpire sport?](#)



Participation

### What type of uniforms do women want to wear when they referee or umpire sport?

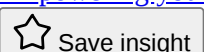
[Women & Padel: Start of a love story](#)



Participation

### Women & Padel: Start of a love story

[Empowering young women to lead their experiences - Journeys Central Otago](#)

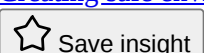


Participation

### Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

[Creating safe environments for young women to be active their way](#)

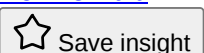


Participation

### Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)




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

Participation

## **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](#)


 Save insight

Participation

## **Manawatū Cricket Association case study**

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)


 Save insight

Participation

## **Backyard Smash & Sista Smash**

By Roxanna Holdworth - This is ME

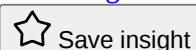
[The female-friendliness of New Zealand's tennis clubs](#)

 Save insight

Participation

## The female-friendliness of New Zealand's tennis clubs

[Removing Period Poverty As a Barrier to Participation](#)

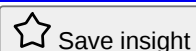


Participation

## Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

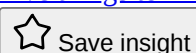
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



Participation

## Te Awamutu AFC starts 2024 off strong with growing demand

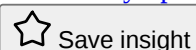
[Five things to know about women and sport](#)



Participation

## Five things to know about women and sport

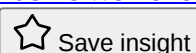
[Has the Olympics become too sexualised? How sex and gender debates drove online discourse](#)



Participation

## Has the Olympics become too sexualised? How sex and gender debates drove online discourse

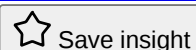
[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)



Participation

## Pacific Women's Leadership Programme Impact - Sela Vaenuku

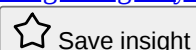
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



Participation

## IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective

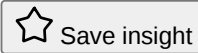
["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



Participation

## "Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

[Nutrition For Female Athletes](#)



Participation

## Nutrition For Female Athletes

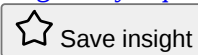
[Coaching through a Gender Lens Infographic](#)



Participation

## Coaching through a Gender Lens Infographic

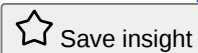
[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)



Participation

## Angel City Equity House Podcast: Myth Busters presented by Gatorade

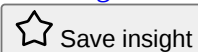
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



Participation

## 2022 IWG: Emily Davidson - She Loves Golf Presentation

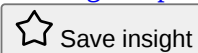
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



Participation

## Hikurangi Golf Club president Felice Croft encouraging more women into the sport

[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



Participation

## Running and periods: The myths about exercise and your menstrual cycle, debunked

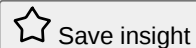
[Updated Pregnancy guidance from UK Sport](#)



Participation

## Updated Pregnancy guidance from UK Sport

[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

## **IWG: Daenin Roth - Grassroots Role Models Inspiring Change**

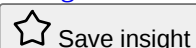
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



Participation

## **IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel**

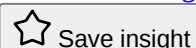
[Young Women Profile - September 2021](#)



Participation

## **Young Women Profile - September 2021**

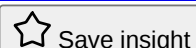
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

## **IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls**

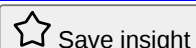
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

## **New Zealand Football Performance & Prevention - Considerations for Female Athletes**

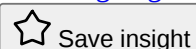
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

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

[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

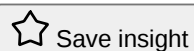


Participation

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

By Briana iring - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)



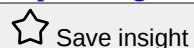
Participation

Participation

## How To Co-Design A Programme With Participants

By Briana iring - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)



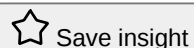
Participation

Participation

## Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana iring - Aktive - Auckland Sport & Recreation

[Aktive Women & Girls Facility Guide](#)

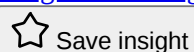


Women & Girls Facility Guide

Participation

## Aktive Women & Girls Facility Guide

[Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"](#)

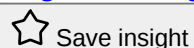


Participation

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

By Rachel Howells - Sport New Zealand

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

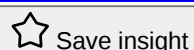


Participation

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

By Rachel Howells - Sport New Zealand

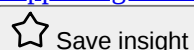
[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



Participation

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

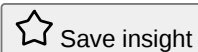
[Supporting Disabled Teenage Girls to be Active](#)



## 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

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





## 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
-  NZ Foreign affairs and trade
-  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

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

### Insight Content Types

- All
- Research
- Case studies
- News stories
- Toolkits

Subscribe now 