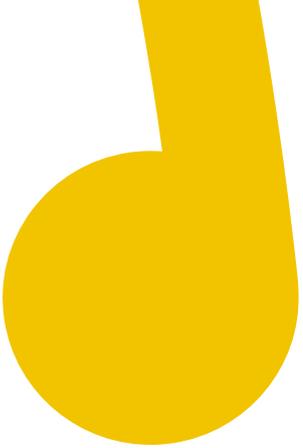


WOMEN & GIRLS E-RESOURCES



An active Wellington region





CONTENT

Click on the titles below to go to the different sections of this document.

1. [Research-Advocacy](#)
2. [Leadership](#)
3. [Sport](#)
4. [Active Recreation](#)
5. [Science-Physiology](#)
6. [Other Resources/ Webinars](#)

1. RESEARCH-ADVOCACY

[WISPA Insights Hub](#)

[Sport NZ Women & girls Strategy to June 2024 by Sport NZ, Maddi McLean](#)

[General Insights Tool](#)

[Media Coverage of Women's Sport](#)

[New Zealand Women by Ministry for Women](#)

[Data Visualisation Tool by Sport NZ](#)



2. LEADERSHIP

[Whanake o te kopara programme, Wawata - social entrepreneurship programme by Shift Foundation](#)

[Women in Leadership Outward Bound](#)

[Women in Governance: Being Board Ready by Govt of WA](#)

[Appoint Better Boards](#)

3. SPORT

[Ruby Tui biography: Ruby Tui Book-reading suggestion](#)

[FIFA World Cup 2023](#)

[Girls in sport - what coaches, teachers, parents need to know](#)

[Fantails](#)



4. ACTIVE RECREATION

[It's my Move Campaign Sport NZ](#)

[Mountain biking adventures and classes](#)

[Menstruation best practices in the outdoors](#)

5. SCIENCE-PHYSIOLOGY

[Learn about periods in general](#)

[Female physiology for coaches by Femmi](#)

[Australasian Menaupose Society](#)

[Relative Energy Deficiency \(REDs\) by HPSNZ](#)

[Menstrual Cycles in Sport by BBC Podcast](#)

[The Flow on Effect](#)

6. Other Resources/Webinars

[Raising Our Voices - Empowering Women and Girls in Sports & Active Recreation through Social Media](#)

[Collaborative Learning Session - Woman and girls in the sport and active recreation space](#)

[Breaking barriers: The value of wāhine and kōhine across sport and physical activity](#)

The logo features the text "Nuku Ora" in a bold, white, sans-serif font. The letter "O" in "Ora" is stylized as a circular graphic composed of several concentric white lines. Below the main text, the tagline "An active Wellington region" is written in a smaller, white, sans-serif font.

Nuku Ora
An active Wellington region

Reach out to [Lily Joiner for any enquires](#)