

Waikato Institute for Leisure & Sport Studies Alumni Newsletter

Welcome to the 2019 Edition

August 2019

Kia ora koutou

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Welcome to the latest edition of the WILSS Alumni Newsletter. Part of WILSS mission is to empower communities and empowering youth is one of the most effective ways to achieve this. This year I have been part of a pilot project at Sport Waikato called 'Coaching for Character'. As a parent and a coach of a secondary school premier team I have first hand experience with the character traits that can make or break a team. Performance character traits are things like being positive, composed, dedicated and committed and relational character traits are things like being encouraging, supportive, respectful and working collaboratively. At first I thought "how am I going to teach these positive traits to my girls". Then I realized that my actions as a coach should model best practice. So I looked at what I was doing as a coach and mapped it against those traits that I thought were important. Yes I had to change some of the things I was doing to ensure I was "on point" and it wasn't until I made those changes that I could focus on those learning moments that seem to crop up on a regular basis at games and trainings. Coaches have such a critical role in the development of young people.

It is not all about the sport, it is about working with others and problem solving. School for some is not engaging and some family situations are not the best environment for building good character. For some, sport is something that engages and provides a setting that will allow them to develop good character with your help. So coaches, you should examine your character traits first, and then use the opportunity that you have been given to instill good character and create great human beings.

Jack Clayton
(General Manager)

Y-L.E.A.D (Youth Leadership Exploration and Development)

WILSS will be launching a new Leadership Programme for Year 9's in the October school holidays. Its aim is to give students more ownership of their own development.

Learning intentions:

- Recognise their own and others strengths to collaboratively achieve the task
- Apply goalsetting to develop better understanding in activities
- Demonstrate effective communication in a group setting
- Identify and develop personal leadership skills
- Demonstrate leadership 'in action' by leading their peers in activities.

For more information about the programme, contact Stacey Walker (Community Programmes Coordinator)

Ph; 027-699-8067 or email: stacey@wilss.ac.nz

Dave Evans - NZ Certificate in Sport & Recreation (Community Development) (Level 5) 2019 Graduate

I am Second Lieutenant Dave Evans, NZCF and I'm currently the Executive Officer at Hamilton City Cadet Unit, which is part of the New Zealand Cadet Forces, a youth organisation (13-20 years) with a military theme to it.

I believe completing the NZ Certificate in Sport & Recreation (Community Development) (Level 5) has helped me to understand my role within the Unit. It has made for better communication, both up and down the Chain of Command, as well as all staff and support members being advised fully and well in advance to meet timelines. I'm more confident going forward for the Unit but also for myself and looking at how we as a Unit can progress into 2020.

I've started to talk to the team individually to see where they see themselves within the Unit short and long term and I'm looking at implementing changes to positions that best suit individuals as well as the Unit.

By ensuring that the team at the top work well together it will be the Cadets that reap the rewards going forward.

The course was extremely useful as I was able to meet other like-minded people from other organisations and sports. I was able to share experiences and network.



WILSS Celebrate Success — Graduation 2019

WILSS Staff and Trustee members would like to congratulate all the 2017/18 Graduates in:

- New Zealand Certificate in Sport Coaching (Level 5)
- New Zealand Certificate in Sport and Recreation (Community Development) (Level 5)
- New Zealand Certificate in Business (First Line Management) (Level 4)

Graduation is part of recognizing and celebrating the journey that Graduates have all started as part of their own personal development and will continue on this journey that will go on to enrich the lives of many others around them, whether it is in the workplace, at home, in school, club, association or community

2017/18 Graduates

New Zealand Certificate in Sport and Recreation (Community Development) (Level 5)

Keri Baillie
Nicole Donaldson
Dave Evans
Tania Gemmell
Kelly Hibbert
Deborah Holmes
Lorraine Potts
Beverley Watts

New Zealand Certificate in Sport Coaching (Level 5)

Brett Donaldson
Roslyn Harrison
Jennifer McNeill
Tavita Ngata
John Rangituta
Bradley Rea
Doug Robinson
Elanor Smith
Damian Sutton

New Zealand Certificate in Business (First Line Management) (Level 4)

Nicki Blake
Deborah McDermott

**"Success isn't about the end result;
it's about
what you learn along the way."**

—Vera Wang

WHY CHOOSE YOU:

What makes volunteers choose one organisation over another?

With around 115,000 non-profit organisations in New Zealand, (about 26,500 of which are registered charities) there is a lot of choice and sometimes a lot of confusion for those who want to volunteer. While most people first turn to an organisation because they have a personal connection to the cause, you are probably not the only organisation working in your field or supporting a particular group of people (or animals or place...)

How does your organisation ensure that you are the one that people choose to volunteer with? What makes you stand out, leading them to choose your organisation over another?

First impressions count: it is often a person's first impressions that are shared with family, friends and associates – all of whom are other potential volunteers.

Offer meaningful roles: ensuring that positions are meaningful and directly related to the aims of the organisation will be attractive to those who are passionate about your cause.

Be Flexible: one way to make your organisation appealing to potential volunteers is to offer flexibility; times, days, length of stay. Be responsive to changing needs and allow people to move into other roles if they are interested. If they need to leave, make sure the door is open for them to return.

Be passionate: it helps if you are passionate about the role and the difference these volunteers will make to your organisation. Passion is contagious, so speaking to potential volunteers with a passion will fire up passion in them as well.

“Never underestimate your ability to make someone else's life better - even if you never know it.”

- Greg Louganis

Lead - don't manage: allow your new volunteers to unite their strengths and skills to benefit your organisation. Lead them to do so, train and orientate them, but then leave them to get on with the job.

Make it cost neutral: one consideration that is becoming more significant is whether your organisation covers a volunteer's travel expenses. Reimbursing travel costs will ensure that volunteering with you is more attractive and more accessible for people from all walks of life.

Know the vibe: when new volunteers come to your organisation, they will pick up on the vibe very quickly. What is the vibe amongst your team? How does your organisation feel to outsiders? Are there any undercurrents?

Enable social connection: for many people, social connection is an important part of why they choose to volunteer. They may be volunteering to extend their networks, meet like-minded people or reduce social isolation. Ensure your organisation meets these needs by providing opportunities for connection.

Let people know you need volunteers: with so many options available, many people don't volunteer because they don't know where to start or they simply haven't been asked. Make sure your recruitment messages are widely available. Use the volunteer centre, Facebook, school newsletter, community radio – just getting your message out to as many people as possible will increase the chances of finding the people you need.

Take Good Care of Your Image: make sure your organisation is seen as professional, caring and a great place to work. Use social media to showcase your organisation. Post photos of your volunteers and the work that they do and actively promote what you can offer to new volunteers.

Heather Moore

General Manager, Volunteering Waikato

Tonic Magazine - Issue 42

Debbie McDermott — Lead the Way Graduate 2019 NZ Certificate in Business (First Line Management) (Level 4)

I was offered this qualification by my employer when I was working as the Administrator at a Sports Club. Not having done any study previously, I was looking forward to doing it.

Modules were monthly, each module being completed by the time the next module came around. This was not arduous and managed properly, is easily able to be completed in the time given.

The first thing I learnt from this course was how my work colleagues viewed me – personally as well as professionally. There were areas that came as a surprise, and made me stand back and look at myself. I learnt that there were definitely things I could do better from communication to work style.

The key thing I took from this course – which I think applies both professionally and personally – is communication. It showed me key communication aspects that I hadn't even thought about, e.g. if a team member isn't getting it right, then it's possibly because I haven't communicated it to them so that they can understand.

This business qualification has made me more aware of how other people 'tick' and spelt out that not everyone thinks and works like me (luckily)! The key to a happy and productive workplace is everyone working as a team, respecting and valuing each other, and not one person dictating to everyone else.

Words are important – sometimes it's not what you say, but the way you say it. I need to ask questions more to engage team members, something that I am trying to remember in my current work environment where I am working with children. If you stand up there and chatter on, they lose focus; ask them questions as you go, and you get them thinking and keep them engaged.

Feeling valued is also key - I learnt how I should expect to be treated in the work place and how I should be treating others. If you do a job well 90% of the time and receive no recognition but are confronted about the 10% of the time that you don't do well, you're going to get a bit unhappy. Unhappy workers don't create a good working environment and therefore aren't productive.

Through this course I made changes to my professional and personal life, changed my approach and outlook and am now much happier. I am a person who goes in and does my job, helping out others where I can, and my employer is telling me regularly how pleased they are with me. They are also regularly asking me for input and assigning me new responsibilities which I love!

I feel this course is beneficial, no matter what line of work you are in, or even if you aren't working at all.

Great tutor, great support – thank you Sharon and Nola.

**"It doesn't matter who you
are, where you come from.
The ability to triumph
begins with you.
Always"**
-Oprah Winfrey

Business Qualification Registrations now open for the 2020 Programme New Zealand Certificate in Business Level 4

The purpose of this qualification is to upskill front-line managers and team leaders so they can manage effective teams within workplace and volunteer environments

Entry Criteria:

- Participants need to be currently leading a team of either volunteers or within a workplace.
- People in the not-for-profit sector currently performing an administration role or similar.
- Participants will require a mentor/coach who should ideally come from the participant's area of interest. If this is not possible, assistance can be given to find a suitable mentor/coach.
- Early registration recommended as participant numbers are limited to maximise the learning and one-to-one coaching opportunities for participants.

Want to know More?

For further information about the programme, dates or to request an Enrolment Form, please contact:
Naomi Bates - Sport Programmes Manager
Phone: 07 839 9908 / 027-232-9025
Email: naomi@wilss.ac.nz

Next programme starting early 2020.

Volunteering and it's Surprising Benefits

Volunteering can help you make friends, learn new skills, advance your career and even feel happier and healthier.

Learn how to find the right fit.

WHY VOLUNTEER?

Benefits of volunteering: four ways to feel better and happier

Benefit 1 - Connecting to others

- Volunteering allows you to connect to your community and make it a better place. Helping out with the smallest task can make a real difference to the lives of people, animals and organisations in need.
- Make new friends, contacts and strengthen existing relationships through committing to a shared activity together. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighbourhood resources, and fun and fulfilling activities.
- Volunteering gives you the opportunity to practise and develop social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

Benefit 2 - Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

- The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being
- It keeps you in regular contact with others and helps you develop a solid support system, which in turn can help protect you from depression.
- Human beings are hard-wired to give to others. The more you give, the happier we feel.
- Your role as a volunteer can also give you a sense of pride and identity. The better you feel about yourself, the more likely you are to have a positive view of your life and future goals.
- Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated and add more zest to your life.
- People with disabilities or chronic health conditions can still benefit from volunteering. Research has shown them to benefit from helping others whether it be directly or through a phone or computer doing tasks such as writing, graphic design, email or other web-based tasks.

Benefit 3 - advancing your career

If you are considering a new career, volunteering can help you get experience in your area of interest and meet people in the field.

- Even if you are not planning on changing careers, volunteering gives you the opportunity to practise important skills used in the workplace such as teamwork, communication, problem solving, project planning, task management and organisation.

- Many volunteering opportunities provide extensive training and therefore valuable job skills.
- It can also help you build upon skills you already have and use them to benefit the greater community; e.g. if you hold a successful sales position, you can raise awareness for your favourite cause as a volunteer advocate, while further developing and improving your public speaking, communication and marketing skills.
- Volunteering also offers you a chance to try out a new career without making a long-term commitment. It is a great way to gain experience in a new field, or it could expose you to professional organisations or internships that could benefit your career..

Benefit 4 - fun and fulfilment

- Volunteering is a fun and easy way to explore your interests and passions. It can provide you with renewed creativity, motivation, and vision that can carry over into your personal and professional life.
- You will have a richer experience if you take the time to identify your goals and interests think about why you want to volunteer. What would you enjoy doing? The best way is to find a match with your personality and interests. Having answers to these questions will help you narrow down your search.

How to find the right volunteer opportunity

The key is to find a position you would enjoy and are capable of doing, and that your commitment matches the organisations needs. Ask yourself the following:

- Would you like to work with adults, children, animals, or remotely from home?
- Do you prefer to work alone or as part of a team?
- How much time are you willing to commit?
- Are you better behind the scenes or do you prefer to take a more visible role?
- What skills can you bring to a volunteer role?

Consider several volunteer possibilities - don't limit yourself to just one organisation or specific role. Try to visit different organisations and get a feel for what they are like and see if you click with other staff.

Getting the most out of volunteering

- As you are donating your valuable time, it's important that you enjoy and benefit from your experience. To make sure that your volunteer position is a good fit do the following:
- Ask questions because you want to make sure that the experience is right for your skills, your goals and the time you want to spend.
- Make sure you know what is expected of you and your role in the organisation
- Don't be afraid to change roles/organisations if you feel you can find something more suitable to your wants/needs.

HelpGuide

Authors: Jeanne Segal & Lawrence Robinson. June 2019

Taking my Coaching Skills to another level - Kath Dobson NZ Certificate in Sport Coaching (Level 3) 2018 Cohort

When I was offered a place in the Level 3 Coaching Course at Waikato Institute for Leisure and Sports Studies, I saw it as an opportunity to further develop my coaching skills and apply relevant and engaging practices to my Year 5 and 6 Hockey players.

The Level 3 Coaching qualification has helped me manage my time better by making me set a regular time to sit and make up my session plans for my trainings.

It has allowed me to focus more on what the purpose is of each session and the learning I want my players to get from it.

I have upskilled myself by having to research more modified, fun games that the players enjoy. I have learnt the technique of questioning my players and the importance of practicing this in order to empower my players and make them more responsible for problem solving and making decisions in their games.

My communication skills have improved immensely. I have learnt to say less and keep it simple. A really good example of this is when I said "this week we are going to work on one thing and that is moving into space" so at training I played a few games that worked on this. On game night I asked my players (Year 5 and 6's) what are we working on? And they all responded "SPACE". They all tried to move into space in the game. Suddenly, the players were now hitting to each other and we WON our first game for the season.

So key learning for me. Keep it simple and say few words. I hope this might inspire you to take up the very rewarding challenge of signing up to do a Level 3 Coaching qualification at WILSS.



"Success comes from knowing that you did your best to become the best that you are capable of becoming."
—John Wooden

Sport Coaching Qualification New Zealand Certificate in Sport Coaching Level 3 Registrations now open for the 2020 Programme

Come and be part of the WILSS experience

The NZ Certificate in Sport Coaching Level 3 is for any individual interested in learning more about coaching

This programme is for any individual who is:

- New to coaching or,
- Has been coaching in primary and now looking at moving into intermediate and/or secondary level or,
- Is looking to start a career pathway into the area of sport coaching.

Want to know More?

- Are you keen to kick off your training to become a qualified sport coach?
- Think this might be the right qualification for your staff?

For further information about the programme, dates, or to request an Enrolment Form, please contact:

Naomi Bates - Sport Programmes Manager

Phone: 07 839 9908 / 027-232-9025

Email: naomi@wilss.ac.nz

Website: www.wilss.ac.nz

What's in it for me? (WIIFM)

- Our innovative programme offers individuals an opportunity to learn about coaching basics
- Be part of a team of like-minded individuals, providing wrap-around support and motivation
- Be involved in part-time study (evening classes) designed to be informative, interactive and FUN.
- This 40 credit qualification is designed to be completed within a six-month timeframe.
- Participants will require a mentor/coach who should ideally come from the participant's area of interest. If this is not possible, assistance can be given to find a suitable mentor/coach.

Where to from here?

- Graduates can seek further volunteer and study options
- This qualification can lead to employment (paid or volunteer) as an entry level coach, primary or secondary school sport coach, a club coach or assistant coach.

Next programme starting February 2020

KiwiSport Leaders Profile - Term 1 2019 Newsletter

Our KiwiSport Leader Profile this term looks at Cambridge High student Malaika Kilian. She started on the programme in 2018 and has just recently completed over 100hrs of volunteering.

Malaika has volunteered at a number of sporting events and activities including triathlon, coaching and umpiring netball, dance, athletics and pentathlon.

What do you think you gained from being involved in the KiwiSport Leadership Programme?

- I have gained a lot of confidence and also achieved the feel good factor.*

What is the most enjoyable role you have held as a volunteer? What did this role involve?

- I really enjoy netball umpiring. Over the last year I have been to many different tournaments and trials and have umpired there.*

Would you recommend volunteering/being a volunteer to other young people?

- Definitely! It's great being able to help out in the community. You meet tons of new people and you feel a sense of achievement.*

How have you shown leadership at school?

- There haven't been very many leadership opportunities at school so far but when an opportunity comes up like volunteering for something I always put my hand up to do it because I really enjoy it.*



What advice would you give to a new KiwiSport Leader?

- Give everything a go! Whenever an opportunity comes up volunteer to do it. It's a great way to get started and motivate you to get all of your hours.*

"One important key to success is self-confidence. An important key to self-confidence is preparation."
—Arthur Ashe

Connecting Communities to Learning

WILSS Community development programmes teach people practical skills to do-it-yourself. Not only saving money but gives people the confidence to do more with less. The programmes introduce the concepts of reduce, re-use, recycle and repair. In Term 1 2019, Stacey Walker our Community Programmes Coordinator worked with Community Houses in Huntly, Pukete and Glenview.

Participants were encouraged to focus on the theme 'around the home' by looking at how they could change things in the kitchen as well as create crafts such as wheat bags.

