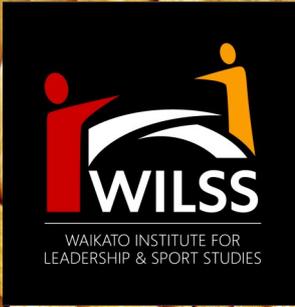


# Waikato Institute for Leadership & Sport Studies Alumni Newsletter



## Welcome to the 2021 Edition

True leadership lies in  
guiding others to  
success.

In ensuring that  
everyone is performing  
at their best,  
doing the work they are  
pledged to do  
and doing it well.

—Bill Owens

The WILSS board has been working on a new strategic plan over the past eight months. While the finer details are not in place yet, I can say that there has been a slight shift in our direction.

When WILSS was established 32 years ago it was to meet the needs of the sporting community. Over the years that mandate has been widened to include the wider community. While we will still work with the wider community, we are going back to a more sport and active recreation focus.

The active recreation piece is important as it allows us to work with non-sporting community groups to build their capability to support their people to be more active. We want activity to be part of everyday life not just something you do in the weekend. This might mean walking or biking to somewhere you would normally have driven to

or choosing a more active game to play with your kids rather than just sitting and watching them.

In the wider community we will work with organisations to ensure that their people gain confidence in leading and supporting their whanau to be more active and enhance their overall wellbeing.

To achieve our purpose which is “Build the capability of sport and active recreation leaders and volunteers”, we will still be working in schools to build generic leadership skills as well as working with their school sport leaders. In the community we will work with sporting organisation to help build the capability of their coaches, official, managers and administrators.

We have had a few staff movement over the past year as well. Stacey has left the Community Programme Coordinators role to focus on

her own business. Kath has also left for the same reason from the Sport Programme Coordinators role, although she is still working for WILSS as a contracted facilitator so you will still see her around.

Both these positions have been changed to contracted facilitator roles which allows us to engage the best facilitators for each form of delivery.

We also farewelled Nicki from the Volunteer Programme Coordinator role. She has taken the role of General Manager at Squash Waikato. We wish her well in this new role. Sam Knight is her replacement and is looking forward to working with community and schools in the volunteering sector.

Nga mihi nui

Jack Clayton  
General Manager

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## Adult Amazing Race

This is a new event created in 2021 in response to requests from schools as an opportunity for staff to undertake a team building day to get to know each other better and especially for new staff to be welcomed into their new team.

Since 2016 WILSS has offered fun interactive activities based on leadership skills and team work to students in Years 5 – 8 in an event called ‘The Amazing Race’.

The activities range in difficulty and are made up of both physical and mental

problem-solving challenges, which alter every year.



An Adult Amazing Race has been developed with similar concepts to the students Amazing Race. This race is designed for schools’ or business staff to compete in challenges amongst themselves.

Teams compete in a range of different cognitive, physical, and problem-solving activities throughout a specific timed period.

This day can be custom built around your schools/business’s needs and can be held at venues within the community or at your own workplace.

## WILSS Celebrates Success — 2021

WILSS Staff and Trustee members would like to congratulate all the 2020 Graduates in:

- New Zealand Certificate in Sport Coaching (Level 3)
- New Zealand Certificate in Business (First Line Management) (Level 4)

WILSS takes great pride in your success and recognises the commitment you have made to achieve these qualifications. Graduates will continue on this journey of personal development 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.

To be successful  
You must accept all challenges that  
come your way.

You can't just accept the ones you  
like."  
- Mike Gafka

### 2020 Graduates

#### New Zealand Certificate in Sport Coaching (Level 3)

Jorel Chapeau  
Andrew Duff  
Finlay Hamill  
Munashe Kaseke  
Jerson Lagos-Giraldo  
Jesse Laird  
Kyle Leighton  
Nyasha Mugabe  
Kobe Olsen-Matara  
Isaac Seiuli  
Brandon Edwards  
Gegan Kearns  
Analese-Jean Kereopa  
Dayton Norris-Hill  
Ajaye Tumanako  
Jacob Wilson

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

**Hamilton**  
Colleen Cadman  
Mandy McCabe  
Toni Morgan  
Robyn Pell  
Adrian Te Rangī

**Wellington**  
Clarissa Beganovich  
Aroha Brown  
Bulou Doughty  
Charlotte Elliott  
Molly Fruean  
Punialavaa Fruean  
Jerry Galuefa  
Ewen Keith  
Joy Kuti  
Mafutaga Laufi  
Vinise Moananu  
Aloiafi Paese si'a  
Jayne Paese Si'a  
Susan Paese-Si'a  
Gaberiel Si'a Paese  
Ramona Silva  
Elizabeth Tiapuu  
Jeanann Walters  
Melania Wright-Leleimalefaga

“Without continual  
growth and progress,  
such words as  
improvement,  
achievement,  
and  
success  
have no meaning.”

—Benjamin Franklin

## Hannah Jensen - NZ Certificate in Sport Coaching (Level 3) 2021 cohort

### Sport - Inline Hockey

I'm a former Sir Edmund Hillary Scholar and 2020 graduate from the University of Waikato. I currently work as a law clerk in Family, Trust, and Disability Law and am a part-time fitness instructor. Outside of my job, my main passion is playing and coaching inline hockey!

With Inline hockey being a minority sport, unfortunately we do not have our own coaching qualification system, so most of our coaches never



get an official qualification.

I decided to take matters into my own hands and was excited to find out I could complete my New Zealand Certificate in Sport Coaching (Level 3) through WILSS in less than 6 months, through doing the modules on-line.

Completing this qualification has solidified my knowledge of general coaching principles, allowed me to plan more effective training sessions and helped me to better understand the needs of my players. I now feel more confident in my overall coaching abilities and believe that my players are getting more out of my coaching than they were previously. It feels great to now have an official qualification behind me, especially when many of the other coaches in my sport do not.

I would 100% recommend this course to any sports coaches who are wanting to increase their skills and provide more meaningful coaching to their players. The flexibility of the online modules means you can complete it when it suits you, making it perfect for people who work or study full time.

Thanks again to WILSS for the opportunity to complete the course!

Don't wait until you've reached your goal to be proud of yourself.  
Be proud of every step you take  
Toward reaching the goal.  
- Unknown

## NZ Certificate in Sport Coaching (Level 3)

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

26-week course (10 workshops)  
Blended learning options available

**Cost:** \$150 (+gst) per person

*Our innovative programme offers individuals an opportunity to learn about coaching basics  
Be part of a team of likeminded individuals, learning more about what makes a great coach  
Be involved in part time study designed to be both informative, interactive, and FUN.*

### Want to know More?

For further information about the programme, please contact:

**Naomi Bates** - 027-232-9025 or Email: [naomi@wilss.ac.nz](mailto:naomi@wilss.ac.nz)

Come and be part of the WILSS experience

**Registrations now open for programme starting early 2022**

## New Leadership Programmes offered at WILSS

### Physical Activity Leaders Programme (PALs)

PALs Programme (Physical Activity Leaders) is designed for senior students at Primary Schools and gives students the chance to develop leadership skills, design and plan their own physical activity sessions, be excellent role models to other students and have fun. Students will look at Leadership, managing an event and how to run Lunchtime Activities.

Physical Activity Leaders is an adaptable programme which should be designed to suit the needs of the students. Being a Physical Activity Leader gives the students within the school an opportunity to be seen in a leadership role.

Some noticed benefits of running the Physical Activity Leaders programme include:

- Students developing personal leadership skills.

- Students have an opportunity to accept more responsibility, appreciation, and respect from teachers and students.

- Students gain a sense of satisfaction for helping the enjoyment of others while working towards a happier, healthier, more physically active life!

Provides a great teaching and learning opportunity in leadership, sportsmanship, and teamwork.

Examples of PALs in action within schools:

- running lunchtime games and activities.
- being responsible for and involved in the planning of school community sports and recreation events.
- running activity events to promote what PALs do.

- setting up teacher versus student challenges.
- creating a buddy up system with junior students.

The opportunities are limitless!

#### Getting started with PALS

Stirring interest

- Introduce the programme in assembly with a guest speaker.
- Promotional flyers around the school.

Special lunchtime coaching sessions.

#### More Information

If you would like more information, please contact Sam Knight, Volunteer Programme Coordinator.

Email [sam@wilss.ac.nz](mailto:sam@wilss.ac.nz) or phone 027-508-5508.

### Youth Volunteer Programme

This programme is designed as a way of developing leadership through volunteering, within a school or community environment.

Students will gain:

- Practical experience
- Making a positive contribution to your school and community
- New skills and knowledge
- An award to help make their CVs stand out

There are three different tiers that students can work towards gaining: Tier 1 (20hrs), Tier 2 (45hrs) and Tier 3 (100+hrs). Students will take ownership for their leadership development through volunteering, by being part of a Google Classroom, where they reflect on the volunteering opportunities they are a part of and the leadership skills they are developing through these volunteering sessions.

#### More Information

If you would like more information, please contact Sam Knight, Volunteer Programme Coordinator.

Email: [sam@wilss.ac.nz](mailto:sam@wilss.ac.nz) or phone 027-508-5508.

“You can,  
you should,  
and if you’re  
brave enough  
to start, you  
will.”  
—Stephen King

## Mandy McCabe — NZ Certificate in Business (First Line Management) (Level 4) - 2020

I had the absolute privilege of attending the WILSS Level 4 Business Management Course in 2020 and consider the skills I've gained invaluable.

I started the course the week we went into our first lockdown and, in a way, I think it was perfect timing.

I learnt so much about the way I work and how my childhood experiences have had a huge influence on my work style. I now know that I am a people pleaser and I sometimes go too far out of my way and to do too much for my colleagues. I have kept this in mind since completing the course and take more time now to assess and adjust my behaviour to improve my own and others' workplace wellbeing.

Some 'a-ha' moments for me were when we learnt about workplace personalities and how to work best with our differences. I also found the Au Maori part of the course eye opening and I realised I'd never thought too much about racism in Aotearoa and how this affects opportunities in the workforce.

The tutors Rhonda and Naomi were incredible, and I could tell they were passionate about their subjects. Course work was always up on Google Classroom at or before the time it was needed, it was easy to follow and engaging. Class time was welcoming, friendly and comfortable because of the atmosphere our tutor/s created.

I grew fond of our classroom family and am grateful to have spent time in this diverse group and to have shared such honest and courageous conversations. I know that the course content pushed all of our boundaries in some way and we are all better people to have had this amazing growth opportunity.




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## Business Qualification New Zealand Certificate in Business (First Line Management) (Level 4) Registrations now open for the 2022 Programme

Thinking about leadership?

Want to build your people skills?

### Want to upskill in part-time study?

The purpose of this qualification is to provide New Zealand organisations with people who can manage effective teams when employed in first line management roles.

Graduates of this qualification will be able to:

Manage workflows in an operational context to achieve team objectives.

Motivate and involve a team to achieve the team's objectives and contribute to the organisation's objectives.

Demonstrate professional and ethical behaviour, in a socially and culturally appropriate manner in leading a team.

Adapt leadership styles for effectiveness in different environments.

### Want to know More?

For further information about the programme contact:

**Naomi Bates** - 027-232-9025 or Email: [naomi@wilss.ac.nz](mailto:naomi@wilss.ac.nz)

## Why Volunteer?

The benefits of volunteering can last a lifetime - not only for those who you are helping, but for you as well. If you are on the fence about diving into a new volunteer experience or have doubts about whether volunteering is right for you, you might find yourself surprised at just how much you can gain from taking the plunge.

### What is Volunteering?

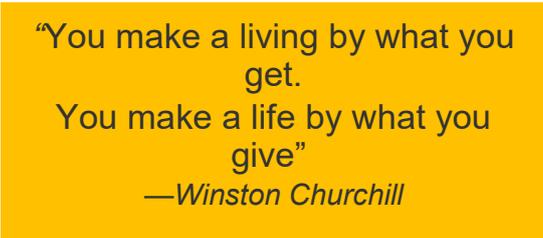
Volunteering means giving your time and abilities to aid others (usually a non-profit organization) without the want of financial compensation. Put simply, volunteering is a service to your community. Volunteering your time, skills, and resources is one of the most powerful ways to make a difference, to help others, and as it turns out, to enhance your wellbeing.

While you won't get paid for your community service, volunteering comes with a lot of other benefits to boot. Donating your time, energy, and possibly resources can be just as rewarding for you as for those you are helping. Here are some ways volunteering can affect you positively:

### Meet New People and Build Community

Being a part of a team with a common goal will help you form bonds with strangers that can be life-changing. Volunteering inherently means helping people, and that means you'll be creating meaningful relationships with others and increasing your social interactions.

Volunteering connects people with very specific shared values. Volunteers are also people who also share things like a willingness to step outside their comfort zone, an openness to spending time on a community effort, a proclivity for engaging in team-oriented activities, and a desire to contribute to the well-being of others.



“You make a living by what you  
get.  
You make a life by what you  
give”  
—Winston Churchill

### Gain Knowledge and Understanding of Other Ways of Life

Volunteering might take you to a new part of your community you have never been to before. This experience can expand your understanding of others who are different from you. Learning about cultures and ways of life that are different from one of your up-bringing will increase your social flexibility and expand your world-view. It will also raise awareness of the issues that other people deal with and will increase important social skills like empathy and teamwork.

### Gain a Sense of Purpose and Become Happier

Volunteering has been shown to give you a sense of accomplishment and to increase feelings of happiness. Throughout your life you've developed social and professional skills that promote your personal achievement. Using those skills for a wider, communal impact can be even more fulfilling. Volunteering will enrich your life and give you a broader purpose and can give you a boost of motivation.

### Boost Your Self-Esteem

Spending time as a volunteer has been shown to improve your self-esteem! The more opportunities you take to learn new skills and gain knowledge, the more fully you will develop as a person. Stepping out of your comfort zone and building new skills is the best way to develop your self-esteem.

### Advance Your Career by Improving Job Prospects

Volunteering will offer you skills that can be used throughout your career development. If you are wanting to change to a new career, especially a new environmental or, volunteering in that new field can help you develop the skills and knowledge you will need. Volunteering highlights your character, passion, and determination!

## Accrue the Health Benefits of Volunteering

Spending meaningful time with others can reduce stress and the health effects it has on our bodies. This makes sense because as we give our attention to others, we take our attention off of our own problems and concerns. It can also put our stresses into perspective and feel more gratitude in our day-to-day lives. Volunteer work can also be an outlet for the frustrations you feel about certain issues and will leave you with a sense of agency and empowerment.

## Increase Your Brain Functioning

Every volunteer opportunity has its own set of tasks, and some of those might require you to learn new skill sets and challenge yourself. This means you'll be keeping your brain busy and limber!

Volunteering has been shown to increase your ability for problem solving, increase your long-term and short-term memory, and reduce your risk of developing age-related diseases such as Alzheimer's. So, time to get started!

<https://growensemble.com/why-volunteer/>

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## WILSS Welcomes New Staff Member

Samantha Knight has joined the staff at WILSS as our Volunteer Programme Coordinator.

Samantha is an Exercise and Sport Science Graduate and holds a Postgraduate Diploma in Secondary Teaching, specialising in Physical Education and Health.

As the Volunteer Programme Coordinator her role focus's on leadership and volunteering with Primary, Intermediate and Secondary School students as well as community groups.

The aim of this role is to –

- Support an increase in the number of school aged children participating in sport and active recreation during school and after school by strengthening links with sports clubs.
- To increase the availability and accessibility of sport opportunities for all school aged children through leadership and volunteer development opportunities.

- To support sport and active recreation volunteers to develop skills that will enable them to lead effectively.

Sam is actively involved with the fitness industry and coaching of field hockey.

She is passionate about coaching and loves to share her knowledge with committed sports athletes and clients. She enjoys helping others, while watching them succeed and achieve their goals.

We wish her well in her new role.

“The size of your success is measured by the strength of your desire, the size of your dream, and how you handle disappointment along the way.”  
—Robert Kiyosaki