

## Future Leaders Heads North

### The much anticipated official launch of the YWCA's Far North Future Leaders Programme took place in Kerikeri on June 19th.

Plans for 16 students from the Bay of Islands College and Okaihau College to take part in the pilot year have now expanded to 22, 11 from each school, such is the enthusiasm for this empowering scheme for young women.



From far left: Kathryn Alleman (Mentor, YWCA Future Leaders Programme), Lorraine Warshaw (President Auckland YWCA Board), Rangaiti Tewhata (YWCA Future Leaders Programme Far North Coordinator), Yvonne Sharpe (Far North District Mayor), Catherine Wild (YWCA Auckland Community Programmes Manager).

The cause has been championed by two of the Far North's most prominent women – District Mayor Yvonne Sharp and Te Runanga A Iwi O Ngapuhi CEO Teresa Tepania-Ashton.

The Future Leaders Programme will be based in the Mid-North Budgeting Centre in Kaikohe and while it will be run as a satellite of YWCA Auckland, it will be driven by the local community.

Behind the scenes, Rangaiti Tewhata has already been working hard since January as the Far North Future Leaders Programme Coordinator.

"Rangaiti has done a brilliant job of getting our programme up and running. Your dedication and enthusiasm honours us," said YWCA Auckland President Lorraine Warshaw at the Kerikeri launch. Rangaiti is originally from the Far North, and as well as having strong connections with local iwi, schools and communities, she is an ideal leadership role model for the students.

The first group of Far North mentors will begin their training programme in August, and as Auckland mentor Kathryn Alleman told the launch they'll find the joys and accomplishments of Future



Left to right: Future Leaders Programme Year 10 students Brooke Tana of Bay of Islands College, and Tennifer Williamson of Okaihau College.

Leaders a very uplifting experience.

Most of the students and their whanau and families attended the launch, and three students spoke of their initial experience, and of how much they're looking forward to the next five years.

Thank you to everyone who helped make the launch of Future Leaders in the Far North a reality. This initiative would not be possible without the financial support of the AMP Foundation, ASB Community Trust, The Ministry of Social Development and the New Zealand Lottery Grants Board.

## From the Executive Director



At the beginning of this year, the team got together to develop a new five year strategic plan for the Auckland YWCA.

One of the key goals we developed was to positively impact on society by making a difference in women's lives. We can achieve this by concentrating our efforts and continuing to build our expertise in women's leadership and mentoring. We want to become a really desirable organisation to be

involved with. Becoming smarter with our business and revenue generating ventures, and in fact everything we do, is essential.

I would like to thank all of you who responded to our appeal for funding the Encore programme. Your generous donations will help us to provide 12 programmes in the Auckland region next year.

As you read this, I will have just returned from the YWCA World Council in Kenya. I was one of six New Zealand YWCA delegates attending the meeting

which attracted more than a thousand women from Y's around the world. This was a unique opportunity to learn more about other Y's and meet women from other countries committed to improving other women's lives. I look forward to updating you all on the World Council gathering in our next newsletter.

Irene Feldges  
Executive Director

## Leadership Forum 2007

The fourth annual Future Leaders Leadership Forum was held in and around Auckland on Saturday 9 June.

The theme of the day was "bouncing back from setbacks". A morning workshop explored stories of resilience which highlighted that part of becoming a successful leader is learning from life's setbacks and finding ways to achieve your goals.

After lunch, the 80 students and mentors formed 12 teams and dashed around five inner city Auckland locations in an interactive challenge billed "The Great Race".

People at Auckland landmarks such as the Sky Tower and the ferry terminal must have wondered what was going on as each team was wearing an identifying piece of costume such as giant glasses, false moustaches or hats!

YWCA staff participating in the event, also got into the spirit of things dressing up as a surgeon, a sailor, a wizard and even Little Red Riding Hood.

Despite some of the challenges being deliberately designed to put the contestants under pressure, all 12 teams successfully completed the "Great Race" before the 3pm deadline.

Feedback after the forum was overwhelmingly positive, with all participants saying how much they had enjoyed the challenging day.

Thanks to AUT University for funding the day, and to Unitec Puukenga for providing overnight accommodation for our 22 Far North students, who were attending their first leadership forum.

### Winning Team - Number 9



From far left: Teresa Johnston, Robin Houliker, Nomsa Botshwe, Linda Li, Sarah Nixon, Maria Tuaoi, Tautau Sione.



“Keep the faith and keep going no matter what.”

“You can achieve so much if you believe in yourself, stay positive and use your resources.”



“It was an awesome day all round. Thanks for your energy, creativity, enthusiasm, and learning lessons from the day.”

“It reminded me to be kind to myself.”

## Future Leaders Activity Days - Auckland

31 Auckland mentees and 17 mentors attended a Health and Nutrition Day at the Glen Innes Community Centre in April. Body Jam and Body Balance Exercise classes saw everyone having fun with choreographed dance moves, and flexibility and relaxation techniques.

The group spent the afternoon in a nutrition workshop run by a community dietician, and heard speakers including a fitness instructor, and representatives from the Manukau District Health Board.

The day was filled with laughter as mentees met students from other schools, bonded with their mentors and learnt about the importance of health and nutrition. The students soon realised an important element of leadership is being able to look after yourself.

In May, mentees from seven Auckland schools, took part in the Building Blocks



workshops at Ferndale House in Mt. Albert. They learnt about study skills, internet safety, time management and financial literacy. As one mentee said "I enjoyed everything – the different workshops really motivate me to do better! Also, catching up with girls from other schools was good too."

### Coming Up

**August 2**  
Shoe Exhibition

**August 8**  
Leadership Week Lecture Evening

**August 25**  
Future Leaders People Skills Workshop

**August 27**  
Future Leaders Mentor Meeting



## Meet A Future Leader - Sharifa



**Sharifa is a Year 11 student who joined the Future Leaders programme in April 2006.**

**What activities have you been involved with as part of the Future Leaders programme?**

In Future Leaders I was involved in activities like playing sport, going camping, kayaking, horse riding, raft building and boogie boarding.

**What opportunities has the Future Leaders programme given you?**

It has given me lots of opportunities like going camping, finding friends and having a mentor.

**What is it like having a mentor?**

A mentor is someone who helps you with your problems and who will be like a very good and close friend. She will help to make your dream come true. When I have a problem I will tell her then she will talk to me about it and she will show me how to solve it.

**What have you learnt about yourself from being involved with the Future Leaders programme?**

I have learnt a lot and I have met a lot of new people from different cultures and different religions and I get to learn about their culture and religions.

**What changes have you noticed in yourself since you first started on Future Leaders?**

I used to be very shy and my English wasn't good because I didn't get to meet new people. Since I joined the YWCA programme I became very brave and I notice that my English has improved a lot.

Key supporters of the YWCA Future Leaders Programme:

**AMP foundation**



## Encore, Encore

**The YWCA's Encore programme continues to gather momentum as it approaches its second anniversary.**

Over 245 breast cancer survivors have taken part in the 24 programmes we have delivered around the country so far.

Encore enthusiasm is catching on, with participants reporting dramatic improvements in their physical movement and emotional well-being.

Several women who took part, were so taken by the benefits of the eight week long floor and pool-based exercise scheme that they've since joined the ranks of Encore coordinators.

"That speaks for itself really. There can be no better endorsement of the programme," said National Encore Manager Marlene Sorby.

We have 24 coordinators nationwide, and their numbers will increase by a further 10 after another Encore national training workshop in November 2007.

YWCA Wanganui will have two new programmes running this month - one in Wanganui and the other in Palmerston North. Dunedin will also hold its first course in July.

Rotorua is gearing up to run its first Encore programme in September, and Whangarei and Taranaki will follow over summer.

"Our network continues to strengthen and we have ongoing dialogue with the various breast cancer organisations, cancer societies and Breast Cancer Support Incorporated," said Marlene.

Encore plans to be represented at the first national conference of Breast Cancer Network NZ in Rotorua this October.



Thank you to all of you who provide us the use of your facilities at no or very low cost, and to the guest speakers who volunteer their time to impart their knowledge and keep women well-informed on breast cancer issues.

*"It's really helped me socially, physically and psychologically. To hear other women's stories certainly puts your own case in perspective. The whole experience has been very positive and the instructors are brilliant. Physically, you're doing quite a bit of work in the pool, although you don't realize it at the time. The exercises loosen you up - they've really helped my posture, flexibility and sleeping."*

**Christine (Recent Encore participant)**

*"I came because I had breast cancer 12 years ago. It's been great to come once a week and learn a set of simple exercises to do either daily or weekly, and I like that you get to take an exercise sheet home at the end of the course. Being in the water is gentle on your arms, and it gives you a feeling of weightlessness - which helps with the lymphoedema pain. Encore is wonderful for learning and networking about breast cancer issues. It's been good to have a chat with the other women - maybe we'll keep in touch."*

**Anne (Recent Encore participant)**

### Thank You from Encore

**Thank you so much to all our readers who generously supported our April newsletter fundraising appeal. We raised \$2,485 and the money will go towards providing Auckland Encore programmes next year.**

Key Supporter of  
YWCA Encore:



# New Staff Members

**Anne-Marie Baun** and **Sarah Clarkin** have joined the YWCA Auckland to help cover Fundraising Manager Patricia Bell's role while she is on parental leave. Congratulations to Patricia and Peter on the arrival of their baby daughter Ella Shivaun born on 25 May.

Anne-Marie's part-time role involves working on trust applications and writing our newsletter and media releases. Anne-

Marie has a background of working in communications and fundraising for large Auckland not-for-profit organisations. She has previously worked with the YWCA Auckland's former Executive Director Di Paton at the Foundation for the Blind, and with Patricia Bell at the Auckland City Mission.

Sarah is a third year student studying a Bachelor of Communications Studies



Anne-Marie Baun



Sarah Clarkin

Degree at AUT. Sarah will assist in organising special events, manage our donor database, research media opportunities and write newsletter stories.

# Leaders at the Landing

Several of New Zealand's most powerful women attended a cocktail party fundraiser for our Future Leaders programme at the exclusive Viaduct Landing Apartment on the Auckland waterfront recently.

Future Leaders Patron Dame Catherine Tizard hosted the evening where the

guest list included Speaker of the House of Representatives Margaret Wilson and Minister of Women's Affairs Lianne Dalzell.

Future Leaders student Rachel Tamoua from Auckland Girls Grammar and her mentor, businesswoman Alyson Keller, outlined how much it meant to them to

be involved in the programme.

A big thank you to Jennifer McBreaty, Managing Director of Essence New Zealand for the use of the apartment and to Gem Wines, Odyssey Wines, Urban Gourmet, Elizabeth Arden and Penguin Books for their support.



**Left to right:** Dame Catherine Tizard, Geraldine McManus and Jennifer McBreaty.



**From Left:** Lianne Dalzell and Margaret Wilson.



**From Left:** Dame Catherine Tizard with Rachel Tamoua.

## Yes, I would I like to support the YWCA Auckland!



### I would like to donate:

\$20  \$50  \$100  \$150  Gift of choice \$ \_\_\_\_

### I would like my gift to go towards:

- The Future Leaders Programme
- The Encore Programme
- Where it is most needed

### Payment options

- Cheque (payable to YWCA Auckland)
- Direct Credit YWCA Auckland 123017 0501390 00 50
- Please charge:  Visa  Mastercard  Amex

Card No: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature: \_\_\_\_\_

### Please send me information about::

- setting up a regular automatic payment
- becoming a Future Leaders mentor
- becoming a volunteer
- making a bequest to the YWCA Auckland

Name: \_\_\_\_\_

Home address: \_\_\_\_\_

Telephone: hm \_\_\_\_\_ wk \_\_\_\_\_

mbl \_\_\_\_\_

Email: \_\_\_\_\_

Please do not include my name on your mailing list



Please return this slip to: YWCA Auckland. PO Box 7103, Wellesley Street, Auckland. For more information call (09) 375 9242. Thank you.