

Empower You

Schedule 2024





Connect with other like-minded women and re-energize your wairua.



Spend the day experiencing the passions of local wahine. Connect with other like-minded women and equip yourself with new and practical life skills.

Participate in hands-on workshops, engage with local business owners, and listen to inspirational guest speakers. A time to come together, re-energize your wairua and motivate yourself.

The event will take place on the 7th September 2024 hosted at the Gisborne A&P Showgrounds Event Centre.



[Get tickets](#)



09:45am Doors Open / Registration

Parking is located through Gate 2 of the Gisborne A&P Showgrounds. Registration is at the main entrance to the Events Centre. Tickets are essential.

10:00am Main Stage Welcome to Empower You 2024

Our MC's will welcome you to the event, provide information on how the day works and you will have the opportunity to check out the stalls and mix and mingle.



Seda Naden

Seda is a social queen. She brings vibrancy and a beautiful energy to all those she engages with.

Proud member of the Taiki e! where she loves to support youth entrepreneurship and better Māori engagement.

She is a proud māmā of 3 and passionate about being a good Kaitiaki for the whenua.



Jamie Wise

Originally from Kirikiriroa, Jamie is a creative entrepreneur, musician and dog mama, who after a decade wandering across Europe has found her home in Tāmaki Makaurau.

No stranger to community building, as well as being the co-host of mental health podcast Mad Like Me, and grassroots creative initiative Make Your Noise, Jamie is the founder of kindness social movement One Million Small Things.

One Million Small Things is a digital platform collecting one million acts of kindness, empowering communities and individuals to change the world, one small thing at a time.

10:15am Round One

Main Stage



Zumba with the Mangapapa Zumba Crew

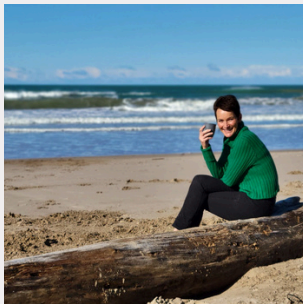
Start your day with a Zumba Class with the Mangapapa Zumba Crew.



Amy Renelle: How data influences the life of women

Primary analyst at The Little Stats Co.
[Learn more about Amy.](#)

Tent One



Inflate! with Toni Hoskin - Well by Design

This interactive workshop explores the connection between how we are wired and our wellbeing.

We are all aware of the many factors that influence our wellness like sleep, nourishment, movement, relationships, and self-talk, but how often do we consider our talents?

Inflate! will explore how our talents – our natural ways of thinking, feeling, and behaving – give us insight into what might be contributing to, and taking away from, our wellness.

So, if you're keen to give your wellness a bit of an authentic nudge – come along! You'll leave with a list of unique to-do's that will allow you to become more aware of, and manage, your Wellness Buffer!

Tent Two



Financial Wellbeing with ANZ

Amanda Stevens, Branch Manager for ANZ Gisborne, will talk through the essentials about Financial Wellbeing ; Spending, Managing Debt and Saving.

This will teach you how to feel better about your financial wellbeing. Our useful tools and ideas could help you change your money habits for the better and improve your financial wellbeing, in your own time and at your own pace, no matter who you bank with. There's no wrong or right way to move through the steps of the Financial Wellbeing Programme.

This seminar focuses on the basics of ensuring you are financially fit by providing a summary of the following key areas: Know where you are at, Plan your Spend, Managing Debt and Set a Savings Goal.

Tent Three



Origami with Mutsuko - Japanese Papercraft

Learn a bit of history about Japanese origami. Join in and make a few enjoyable designs with the art of origami. Brought to you by No Boundary.

Limited to 20 people only so get in quick.

11:00am Round Two

Main Stage



Entertainment with Samantha Grace

Winner of the wahine category on Whakaata Maori 5 Minutes of Fame, she is a powerhouse of a singer and a truly great local women.

Tent One



Made for Impact

Join Social Value Aotearoa director, Jo Nicholson, in their Made for Impact workshop and unlock the full potential of your projects with our specialised Impact Measurement Workshop.

Designed around the Social Value International (SVI) principles and the Social Return on Investment (SROI) framework. This workshop will guide you through the essential practices for measuring and managing social value, enabling you to demonstrate and enhance the impact of your initiatives.

Who Should Attend: This workshop is ideal for project managers, non-profit leaders, social entrepreneurs, and anyone involved in creating or managing social impact initiatives who seeks to understand and apply advanced impact measurement techniques.

Join us to deepen your understanding of social value, and equip yourself with the tools needed to maximize and demonstrate the impact of your work.

Tent Two



Living on a Budget with Supergrans Tairawhiti

SuperGrans Tairāwhiti Trust is about enabling whānau with the skills and knowledge to take greater control of their own futures.

This workshop is about making your money stretch! About sustainable living and how to use basic, every day, easy-to-access things in new and unique ways. Participants will all make an easy homemade cleaner to take home with them.

They will get a demonstration of how to make two different easy and delicious food items. There will be lots of other tips and tricks about sustainable living, and there will be prizes, recipe cards and other useful information to take away.

Presented by Erina Torrey.

Tent Three



Herbal Tea Blending for the Home with Amanda Roe

This workshop will cover the basics of how to select herbs for their desired wellness benefits.

I'll provide the botanicals for this session, so we can explore their aromas and flavours.

Participants will then choose up to 4 different ingredients to create their signature blend to take home, or taste on the spot

Limited to 20 people so get in quick.

11:45am Round Three

Main Stage



Panel: How kindness is fundamental to flourishing mental health.

Through engaging dialogue and real-world examples, our panelists will bring to life the transformative power of kindness and its ability to foster resilience, strengthen social bonds, and promote overall wellness.



Juana Vincent: Being unapologetically ambitious.

Grief Counsellor at Glow Coaching.

[Learn more about Juana](#)

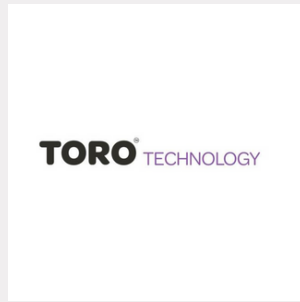
Tent One



Baking Balance: Creating a Winning Life Recipe for Wellness, Business and being a Mum

This is a unique, hands-on workshop where we blend the art of baking with the journey of holistic wellness and business success. As we whip up delicious treats, we'll serve up insightful tips and humorous anecdotes on how to balance the sweet (and sometimes sticky) ingredients of life - from motherhood and entrepreneurship to personal well-being.

Tent Two



ChatGPT Unplugged: Empowering Women in Business with AI

In this workshop, you'll discover how ChatGPT can become your go-to tool for tackling the unique challenges faced by small businesses. We'll start by demystifying what AI is and how it can be a game-changer for your business. You'll learn practical strategies to get the most out of AI, from automating routine tasks to enhancing customer service. Importantly, we'll also discuss where human interaction and subject matter expertise remain crucial, ensuring that you strike the right balance between AI-powered efficiency and personal touch. Whether you're running a solo venture or managing a small team, this session will provide you with actionable insights to navigate your business challenges with innovative, AI-powered solutions tailored to the needs of small businesses.

Tent Three



Paint your Mate Session

As wahine life can be so serious so bring a friend to this session and have a laugh. It is about embracing imperfection with speedy portrait painting. Whether you are an avid artist or just keen to give it a go, this one is for you.

Limited to 30 people.

12:30pm

Main Stage

Lunchtime - MC Chat

Our MC's will welcome you back from your workshops, we will talk about how the first half of the day has gone, some key takeaways and of course indulge in GEM Cuisine's kai for lunch.



Entertainment with Garnz - Gana Goldsmith

Garnz is a Kiwi of Māori descent, born in the 80s. Since her music school days she has performed with several bands of different genres such as Punk, Rock and Metal and has started working towards releasing a solo album. Garnz currently play bass and sings backing vocals in a local progressive rock band, UNI-FI.

She also composes songs and co-manages the band with their guitarist. UNI-FI are in the process of writing album number two and are filming a music video for their next single. [Learn more about Garnz](#)

1:15pm

Round Four

Main Stage



Margie Vincent

Margie will be sharing her journey supporting women in Romania with us.

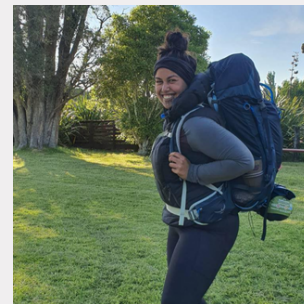
After visiting Romania she founded The Family Centre. A very special place where families can find help and support to raise their children.



Sarah Elliott

Sarah Elliott will be sharing her expertise with us, Authentic self-care; You can't just juice cleanse your way out of your unfulfilled life!

[Learn more about Sarah](#)



Naomi Simmonds

Naomi will share some reflections on retracing the footsteps of her ancestor and the lessons that were learnt along this 380km trail. She will share the personal and collective transformations that have occurred as a result of this Hīkoi and prompt consideration of the ways in which we can embody our ancestors in our everyday lives.

[Learn more about Naomi](#)

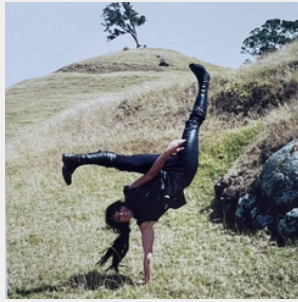
Tent One



Discover your Superpowers with GVC

An interactive workshop hosted by Chris Grunwell. Chris has many years of experience in the career and employment field. At the conclusion of this workshop, attendees will be able to identify their previously hidden skills and abilities to go forth confidently whether they are interested in changing careers, taking up new hobbies or volunteering.

Tent Two



From kicking ass to cutting hair with Kate

Hi , I'm Kate! I'd like to introduce myself as Xena warrior princess but I'm actually just a normal person. I have done a couple of extraordinary things but so can you. This workshop is all about how I went from kicking ass as a stunt double to having my own business as a hairdresser, helping women be more confident in themselves and the way they look. Life is never greener than your own patch so stay there and nurture it.

Tent Three

Toi uku (Ceramic Art) with Fiona

In this workshops attendees will be shown how to make a small pinch pot and plate, which can be used to place a herb plant in. The workshop is hosted by Fiona of Nga Tipu Ltd and **has a capacity of 20 people.**

2:00pm Round Five

Main Stage



Rhythm n' Lines Dance Session

Come and learn to line dance with Janine from Rhythm and Lines.

Whether you're a seasoned dancer or just starting out, this is your chance to learn some new moves and enjoy the infectious energy of country rhythms.



Danielle Lapointe: I am Pelvis

Your pelvis is the centre of your anatomical universe and deserves more appreciation. Come learn about how you can prevent low back pain and urinary leakage, AND improve your sexual sensation and feel stronger in your core. The pelvis rocks! (literally).

[Learn more about Danielle](#)

Tent One



Menopause and Metabolism: Naturally with Kaz Jones - DoTERRA

Kaz Jones from dōTERRA will provide natural solutions for menopause and metabolism.

With gut health, balanced nutrition, smart supplementation, lifestyle & less exposure to toxins... you can have the tools to support women's health, weight, skin, sleep & mood NATURALLY!

Tent Two

Empowering you Financially with Alex Cochrane, BDO Gisborne

Do you feel informed about your own financial affairs? If someone was to ask the following of you, could you confidently answer on each point:

- what your legal structure is?
- what fund/s are your KiwiSaver in?
- what insurances do you have in place?
- do you have a will?

Does someone normally handle all 'that stuff' for you? Or would you like to understand more, but don't know where to start?

Alex is an adviser and accountant from BDO Gisborne. She is passionate about helping women feel more informed and empowered in understanding their financial and related affairs, both in business and personally.



Alex's aim from this workshop is that you will leave with a 'checklist' of things to work on to improve both your financial knowledge and confidence. You will also have access to resources and contacts, that can help you along the way.

So, are you ready to take control of your money and your life? If so, please join us.

Tent Three



Carve up a lamb like a boss with Caelyn Pere

Come and meet Caelyn, our master butcher! Uncover the secrets behind the mouth watering cuts of lamb. From boning out a roast to racks of lamb, uncover how easy it is to carve up a whole lamb like a boss!

2:45pm

Main Stage

Closing chat with our MC's

Wrap up this action packed day together with some insights, reflections and thanks.

Other things to enjoy on the day.



Adult Bouncy Castle



50+ Stalls



Lounge Area

Our Stallholders:



A huge thank you to our amazing sponsors!

Gold



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