

Te Korowai Wellbeing Support Confidential Help When You Need It

Coaching at the high-performance level is demanding. The pressure to perform, time away from loved ones, and the constant intensity can all take a toll. At Te Korowai, we know that supporting your wellbeing is essential if you're to thrive both on and off the field. That's why we've created a wellbeing support offer designed just for you.

Independent and 100% confidential

This service is completely independent from your NSO, HPSNZ and is fully confidential. Every wellbeing expert is carefully vetted and endorsed by Te Korowai, so you can be confident you're speaking with someone who understands the pressures of coaching and is qualified to help.



What's included

- A free 45-minute coaching call with a wellbeing and performance expert, funded by Te Korowai.
- If your challenge is non-clinical, you'll receive a second 30-minute coaching call – also fully funded.
- If you're facing a clinical challenge or need longer-term support, we'll connect you with the right specialist from our pool of trusted experts. Any further sessions beyond the initial offer are self-funded, but the guidance on who to see and how to access them is provided.
- We'll also check back in with you to ensure you're progressing and supported.

What wellbeing challenges does Te Korowai support?

Some of the reasons you may want to reach out to us for some support may include (but not be limited to):

- A specific performance challenge in your role
- A relationship breakdown between you and your athlete(s)
- You feel that you've reached or are close to burnout
- A values misalignment with your sport and employer
- Stress around your career direction and choices
- Stress from being away from your family and support network for a long time
- Stress around your contract renewal
- Stress around contracting your athletes
- Stress from intense media scrutiny relating to an incident(s)
- Major sleep problems
- A mental health issue
- A dependency issue like alcohol or gambling



How to access support

The process is simple.

Email wellbeing@te-korowai.org.nz to arrange your confidential session. From there, you decide what next steps, if any, you'd like to take.

This offer is available now to all Te Korowai Full Members. If you're feeling under pressure, close to burnout, or simply want to talk through challenges in a safe space, we encourage you to reach out.

We've seen in the media recently how much pressure our elite coaches are under from governing bodies, athletes, athlete representation bodies, and the fan base. It's intense and can be unrelenting. We want our members to know that you're not alone and we understand how difficult the role of a high-performance coach is and the unique challenges which come with it.

You're not alone. Te Korowai still has your back.