

GINA DAO-MCLAY

Shifter, aged 16

I'm a Year 11 at St Mary's Wellington and half Vietnamese, half Pakeha. I really enjoy listening to all different genres of music. I love learning languages and about different cultures. I'm a feminist, budding traveller and always excited to experience new things. I'm very interested in science and the environment, and hope to pursue a career with them in the future!

HOW DID YOU HEAR ABOUT SHIFT?

I found out about Shift through a WCC pamphlet in 2016, and went to some gym sessions Shift did with Hiko Whanau Health and Fitness. In 2017 I went to a few Just Shift It activities as well as a Year 10 programme in my school. I wanted to get involved because I thought the whole concept of Shift was really amazing, free/low-cost activities for young women through which we can learn about wellbeing and have fun! Sounded awesome to me, and is!



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WHAT HAS BEEN YOUR FAVOURITE PART?

This year I was on the EmpowHER committee organising a one-day conference alongside nine other young women with Shift. It was so amazing being able to be a part of a team, learning from each other about how to design, and then designing a day especially for young women. I was able to develop skills, make new friends and learn more about myself which was super beneficial. I looked forward to every meeting, getting together to be productive yet have fun in a safe space each Saturday morning. From a few small ideas, to a full day of fun and empowerment, the journey and experience I had with the EmpowHER committee was unforgettable.



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HOW HAVE YOU BENEFITED?

I have benefited in countless ways from Shift!! I've been able to learn about wellbeing, what it is itself as well as figure how to maintain and keep myself well. I've made new friends and participated in activities I had never done before. I'm really thankful to have learnt and grown so much through being involved in Shift, which makes me very happy. I love Shift!! They're amazing teamies working to teach and encourage young women in all sorts of ways, how could you not love and appreciate them. I love just how welcoming and kind everyone involved with Shift is, and am so thankful for the opportunities and wisdom they have given me.