

kylamatenga

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Isn't orthopaedics more for boys?  
It's very physical







DR. KYLA MATENGA

THE JOURNEY OF A WAHINE MĀORI & PASIFIKA  
SURGEON IN TRAINING + ATHLETE



# BORN TO BREAK BONES... & BARRIERS





# THE JOURNEY

BREAKING INTO ORTHOPAEDIC SURGERY AS A MĀORI & PASIFIKA WAHINE





# WHY ORTHOPAEDICS? & WHAT EVEN IS IT?

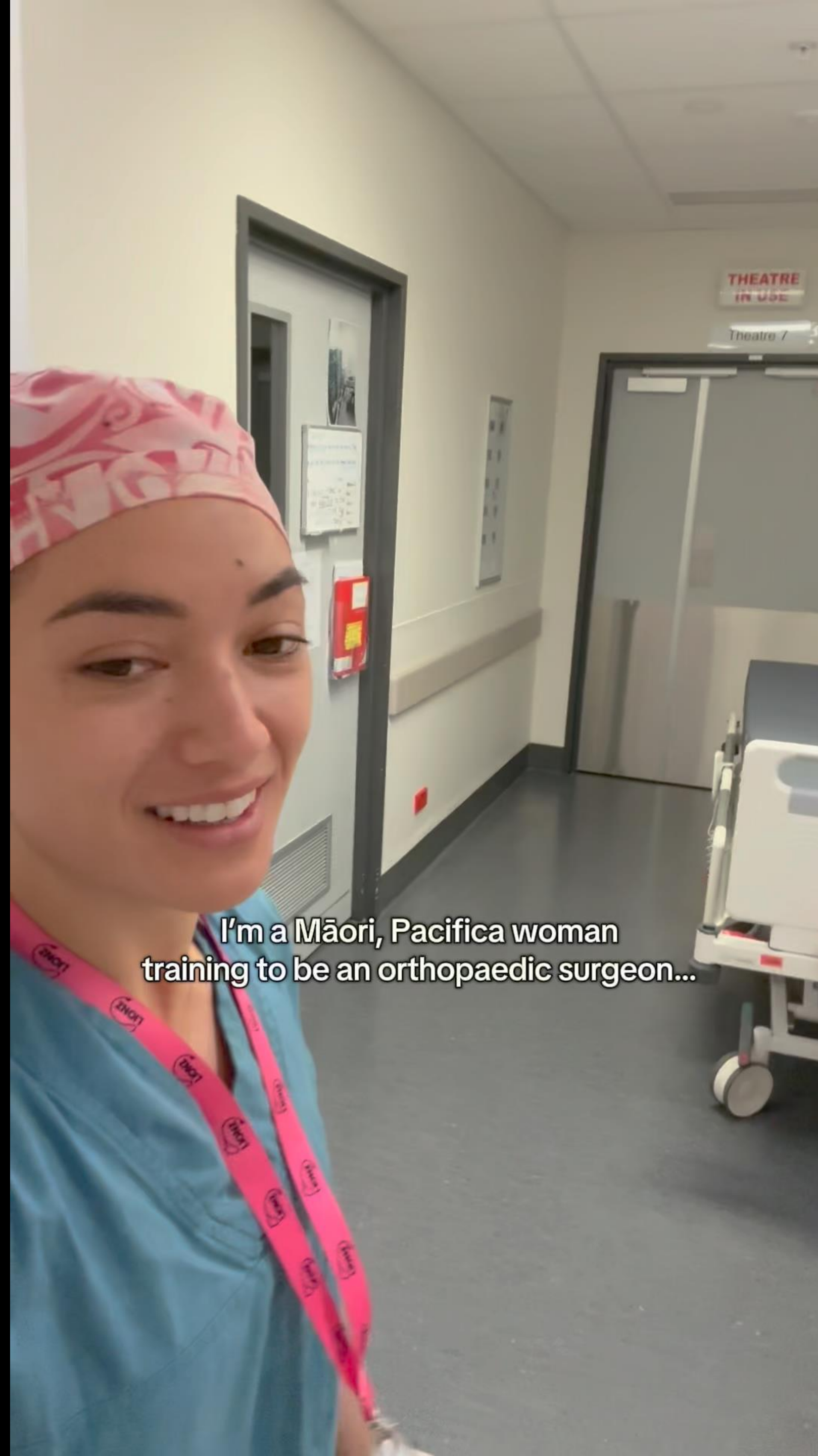
Rebuilding bones is really about restoring movement - and mana











I'm a Māori, Pacifica woman  
training to be an orthopaedic surgeon...



# 3 WAYS I BECAME A ORTHOPAEDIC SURGICAL TRAINEE WITHOUT SACRIFICING MYSELF

- 1. Be my own #1 supporter
- 2. Refuse to shrink
- 3. Prioritise physical health





# LESSON 1: BE YOUR OWN #1 SUPPORTER

- Back yourself louder than your doubts





# LESSON 2: REFUSE TO SHRINK

- Authentic
- Visible
- Proudly Maori & Pasifika  
aspects of health





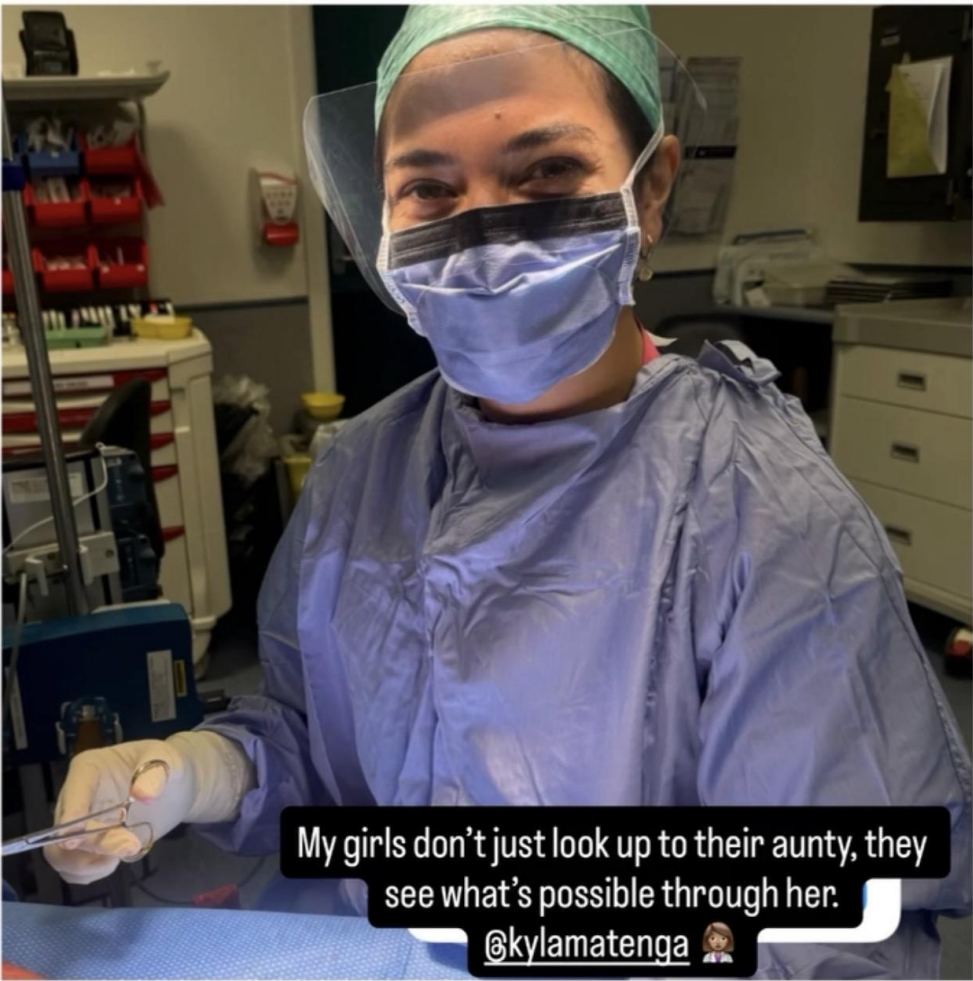
# LESSON 3: PRIORITISE PHYSICAL HEALTH

- Energy
- Focus
- Discipline
- Recovery





TE RŪNANGAO  
TOA RANGATIRA



My girls don't just look up to their aunty, they see what's possible through her.  
@kylamatenga

te ara mō āku kōtiro ❤️

## Dr Kyla Matenga, Carving a Path in Medicine

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# BREAKING BARRIERS

REPRESENTATION SHIFTS THE ENERGY IN THE ROOM





# LEADERSHIP AS LEGACY

OUR SUCCESS IS A RELAY, NOT A SOLO RACE





What legacy will you leave  
for the next generation?

