

First Steps Funding Whakapuāwai Wellbeing Packages For the Business Owner/Leader

TIMATANGA

Complimentary 30min Consult

All participating will receive a complimentary 30min consult prior to undertaking this mahi. From this consult we will consider the best package for your needs.

DELIVERED BY:

Tuihana Ohia, Founder & Director – Woo Wellbeing

Ngāi te Rangī, Ngāti Pukenga, Te Arawa, Ngāi Pākehā

Associate: Centre for Social Impact

Producer: Hui Ora Wellbeing Summit

Working Group: Manatū Hauora (MOH) – Equity by Design Tools for Māori Health Outcomes

Co-Founder: Rāngai - The Wellbeing Collective

Founder: Woo Table Kōrero

OVERVIEW

Each of us has a personal wellbeing journey and pūrakau, that we have experienced, felt, seen, heard during what has been a time that has challenged us all in some way or another. Speaking to our vulnerabilities, our homes have become our workspaces and classrooms for our rangatahi and tamariki. We have changed, flexed, pivoted the way in which we do and conduct business as pivot to meet both our needs and the needs of others.

2021 presented us with challenges and a reflection of our wellbeing, the wellbeing of our businesses, kaimahi and whānau. Which included for many both Māori and non-Māori the challenge of new practices regarding tikanga, kawa and way of tangi, pōhiri, whakatau, birthdays, celebrations and events we felt overwhelmed with the uncertainty and change of it all. We also experienced the distant and some level of disconnection between ourselves and our turangawaewae, whānau you who live overseas and the uncertainty of much. The impact of which was leaning into a 'varied' way of living, being existing and of our wellbeing.

HOURLY RATE: \$200.00



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Ko Au - One on One

E KORE AU E NGARO, HE KĀKANO AHAU I RUIA MAI I RANGIĀTEA.

I CAN NEVER BE LOST, I AM SEED SOWN FROM RANGIĀTEA.

Overview of Package:

The wellbeing of your people, begins with you. We cannot nurture the wellbeing of our people if we are not nurturing ourselves.

In this package we will review:

- 2021 Challenges & Learning
- Your current state of Hauora
- Focus on your pūmanawa, hōnonga & tūrangawaewae
- Goals & Aspirations for your hauora, your wellbeing

Each session will include:

- Karakia
- Practice of Hā
- Reflection

Learning Outcomes:

- Reflect, identify and lean into the challenges of 2021
- Learnings and growth of these challenges
- A personalised and intentional wellbeing plan, designed specifically to your goals and aspirations inclusive of your pūmanawa, hōnonga and tūrangawaewae
- The plan and outcomes are realistic and achievable.

Total Hours:

x6 hours @ \$200.00 per hour = \$1,200.00 +GST

*Option for additional hours if requested or required.



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Tātou Tātou - All of Us

MEHEMEA KA MOEMOEAHAU, KO AU ANAKE. MEHEMEA KA MOEMOE E TĀTOU, KA TEAEA E TĀTOU
IF I AM TO DREAM, I DREAM ALONE. IF WE DREAM TOGETHER THEN WE WILL ACHIEVE.

Overview of Package:

2021 presented us with many challenges, shifts and pivots reflected in our businesses, impacting the way we worked, our homes and whānau. Our leadership and ways of leading were placed under review and we felt the pressure of looking after our people and ability to nurture ourselves. We felt the impacts of this on our tinana but also our wairua and hinengaro.

In this package we will:

- Review your current state of Hauora
- Provides a foundation to review your wellbeing practices
- Utilising Te Whare Tapa Wha with your team
- Understand and create awareness of their challenges and learnings
- Creating a combined approach to Hauora and wellbeing

Each session will include:

- Karakia
- Practice of Hā
- Reflection

Learning Outcomes:

- We identify what hauora looks like for you
- The influence of this on your leadership style and way of leading
- The hauora expectations of your team
- Identify the challenges and learnings of the whole
- Create a wellbeing approach inclusive of your team

Total Hours:

x6 hours @ \$200.00 per hour = \$1,200.00 +GST

*Option for additional hours if requested or required.



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Manaaki Support Network - Establishing an approach dedicated to Mental Health and Wellbeing

KA PŪ TE RUHA, KA HAO TE RANGATAHI

THE OLD NET IS CAST ASIDE, WHILE THE NEW NET GOES FISHING

Overview of Package:

The value of wellbeing is often questioned and we have found ourselves floundering as we tried to find ways to provide wellbeing and support to our people. The question is how? How do we elevate our focus on our hinengaro, our mental health and wellbeing?

In this package we will:

- Review your current state of mental health and wellbeing as a Leader within your organisation
- Create a network for you, dedicated to mental health and wellbeing
- Help you to understand the ripple effects of elevating, dedicating and committing to an approach of leading with mental health and wellbeing

Each session will include:

- Karakia
- Practice of Hā
- Reflection

Learning Outcomes:

- Understanding the Mental Health and Wellbeing of your organisation and your role as a Leader in it
- The value of committing to being a leader of wellbeing with a dedicated approach to Mental Health and Wellbeing
- Being a leader that is a positive influence that is dedicated to the Mental Health and Wellbeing for your people
- Being a champion of Mental Health and Wellbeing in your organisation, including normalising conversations and acceptance of challenges.

Total Hours:

x10 @ \$200.00 per hour = \$2,000 +GST

*Option for additional hours if requested or required.

