



SOCIAL SERVICE PROVIDERS AOTEAROA KAIMAHI HAUORA PROGRAMME 2022



THIS KŌANGA, YOU'RE INVITED TO PARTICIPATE IN A HOLISTIC WELLBEING SERIES
ESPECIALLY FOR SOCIAL SERVICES KAIMAHI.

SSPA's Kaimahi Hauora Programme has been created to give back to social services kaimahi across our community-based social sector. You've told us that while you're doing your mahi alongside children, rangatahi and whānau, you'd like opportunities to focus on your own holistic hauora - but it's hard to make it happen. That's where this Programme comes in!

Exploring a range of themes grounded within the Te Whare Tapa Whā and Five Ways to Wellbeing, you'll engage and learn in alignment with the Maramataka. You'll gain practical tools to use in your daily life and share with your hoamahi and whānau. You'll be nourished and able to build community with others working in social services who want to focus on this kaupapa, too.

WHO'S IT FOR?

Whether you're working directly with whānau, leading a team, managing a service, or contributing in another way, if you're keen to focus on your holistic hauora and develop your understanding, you're welcome! We've got 150 places on offer for the Programme, kicking off this October.

Thanks to our Programme funders Foundation North, Rāta Foundation and Trust Waikato, places in are available on a region-specific basis for SSPA members located in their funding areas. SSPA is also making a number of places available for SSPA members based in other regions. Find out more on the [registration page](#). It's first in, first served, so make sure you sign up to participate now!

WHO'S FACILITATING IT?

Respected wellbeing leader and innovator Tuihana Ohia (Ngāi te Rangī, Ngāti Pukenga, Te Arawa, Ngāi Pākehā) will be our lead kaitiaki, navigating us through the Programme from start to finish. Alongside Tuihana, each session will be facilitated by a kaitiaki who brings specific mātauranga and specialist experience on an aspect of holistic hauora.

WHEN & WHERE?

We'll meet via Zoom. The six sessions have been designed to go together, giving you a holistic immersion into focusing on wellbeing. Given this, we're asking participants to sign up for the programme in full. All participants will receive a Kaimahi Hauora Resource Kete to utilise at the sessions and support your learning. Find the dates and session kaitiaki below:

Session 1	Tuesday 11 October Rākunui - Great Day - Be Purposeful in Actions	Intro and Overview Whenua – Connect	Tuihana Ohia with <u>Meretini Bennett-Huxtable</u>
Session 2	Tuesday 18 October Tangaroa-ā-Mua - High Energy Productive - Me Pukumahi!	Whānau – Give	Tuihana Ohia with <u>Kaharawa</u>
Break week	Tuesday 25 October		
Session 3	Tuesday 1 November Tamatea-ā-Āio - Caution, Be Aware	Wairua – Take Notice	Tuihana Ohia with <u>Julie Sach</u>
Session 4	Tuesday 8 November Atua mate o hotu - Productive	Tinana – Be Active	Tuihana Ohia with <u>Nau Mai Tau Mai</u>
Session 5	Tuesday 15 November Korekore whakatehe – Be creative and purposeful in your thinking	Hinengaro – Keep Learning	Tuihana Ohia with Khali Philip-Barbara
Session 6	Tuesday 22 November Mauri – Contemplate, review and mindfulness of where you are	Outro and Final wrap up	Tuihana Ohia

REGISTER TO PARTICIPATE!

Thanks to the generous support of Foundation North, Rāta Foundation and Trust Waikato, and with the assistance of the Center for Social Impact, we are able to offer this Programme to you at the small fee of \$20 (+ GST) per person. Register to participate by clicking [here](#).

GOT PĀTAI?

Get in touch: Clare Docherty, Learning & Development Advisor, SSPA, learning@sspa.org.nz

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