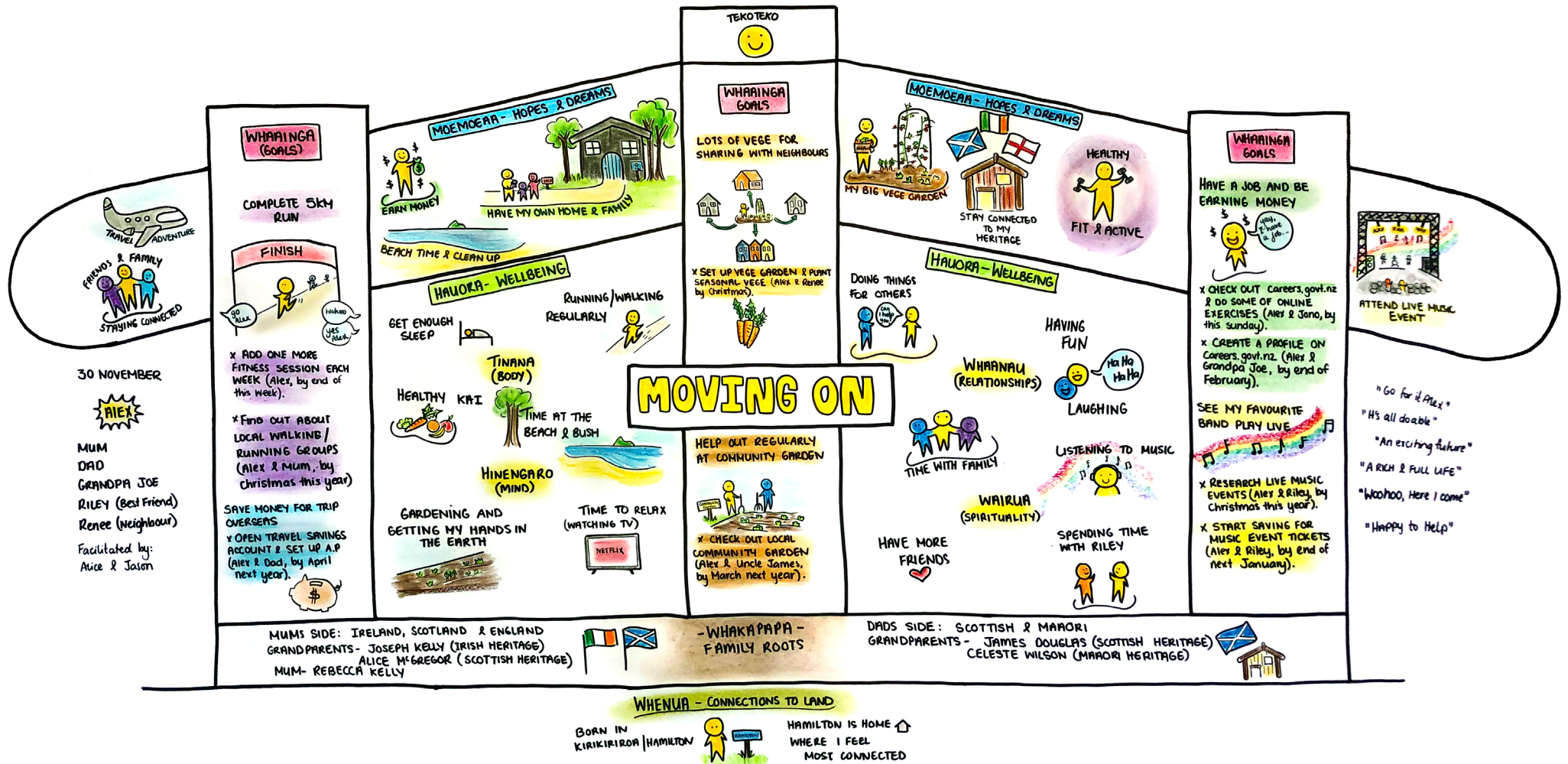
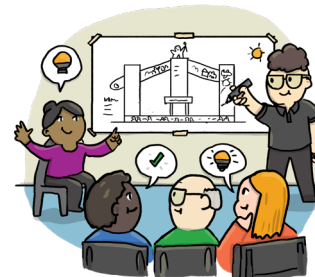


# Te Whare Tapa Whaa



Are you at a crossroads? Do you want to make changes in your life? Interactionz can help you plan your best life.

We use the Te Whare Tapa Whaa planning process which focuses on physical, spiritual, mental, and social health. It is based on Professor Mason Durie's Maori model of wholistic wellbeing (1984).



Te Whare Tapa Whaa is a planning tool which encourages you to:

- Share your whakapapa and whenua
- Share your hopes and dreams for your best life
- Identify what's needed for your own wellbeing
- Set goals for your future

# Te Whare Tapa Whaa

## Te Whare Tapa Whaa process:

- You choose a place to meet where you are comfortable, confident and relaxed.
- You invite trusted supporters (e.g. whaanau, friends, support staff) to a planning session. The process usually takes about four hours, and it is important participants are not rushed.
- At the session, an Interactionz process facilitator talks with you and your supporters. You are encouraged to dream and share your dreams for your life – without judgement. This gives an insight into what is meaningful to you.
- Supporters might be asked for their input too, but the plan is yours.
- An Interactionz graphic facilitator records the information shared in colourful drawings and keywords on a large sheet of paper.

## There are six steps:


-  1. Whakapapa – sharing your family roots
-  2. Whenua – recognising your connections to the land
-  3. Tekoteko – representing you or a tupuna you feel connected with
-  4. Moemoeaa – dreaming about your best life with no limits
-  5. Hauora – describing what you need for wellbeing:
  - Wairua – spiritual health
  - Tinana – physical health
  - Hinengaro – mental health
  - Whaanau – social health
-  6. Whaainga – Setting achievable goals and deciding who will do what, by when
-  7. Ko – naming your plan

At the end of the session, you can take your poster home and pin it to the wall to remind you of the planning process and the goals you have set to live your best life.

If the Te Whare Tapa Whaa process doesn't meet your needs, talk to us about other planning tools we offer. We can even design a process with you.

Once you have made your plan, Interactionz can provide mentors to help you achieve your goals. Some people are eligible for mentor funding.

### For more information, please contact Interactionz:

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