

Core skills toolkit: Hauora/Wellbeing

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Te Pūaha o te Ako

Introduction to the capability development resources

Funding Guide

designed to help your community group or not-for-profit organisation apply for funding.



Core skills toolkit

A practical, easy-to-use toolkit of resources and insights to help new and small community groups or not-for-profit organisations thrive.



Capability support wheel

A signposting tool designed to help community organisations find development resources through universal, tailored and targeted support.



Te Pūaha o te Ako

Introduction to the Core skills toolkit: Working in a culturally responsive way



Audience: new and small community groups.

Topics included:

- Community engagement
- Te Tiriti
- **Wellbeing / Hauora**
- Strategic planning
- Evaluation and measuring impact
- Communicating your work
- Working in a culturally responsive way

Content:

Each section covers why this is important, how to get started and a curated list of resources and templates

Te Pūaha o te Ako

We will cover

- Hā
- Meaning of hauora
- Your pūmanawa
- Resources



Image: by Adriel Kloppenburg on Unsplash

Te Pūaha o te Ako

Please write in the chat

Any pātai/questions you may have about looking after your wellbeing

All questions are great questions!

Hauora

Lets talk about what this really means

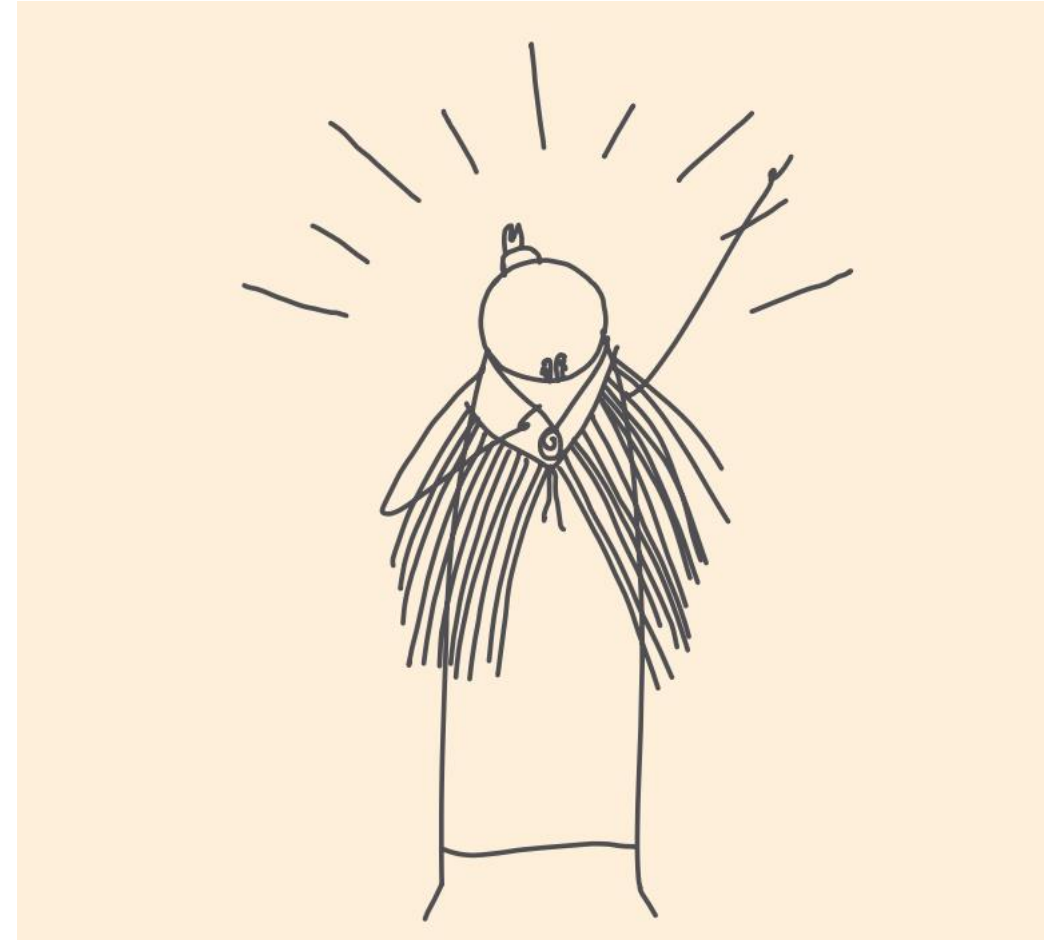


Image: Centre for Social Impact [Unu Ora resource](#)

Te Pūaha o te Ako

Pūmanawa

What are your pūmanawa?

Could you share this with your team
and workplace to uplift others?

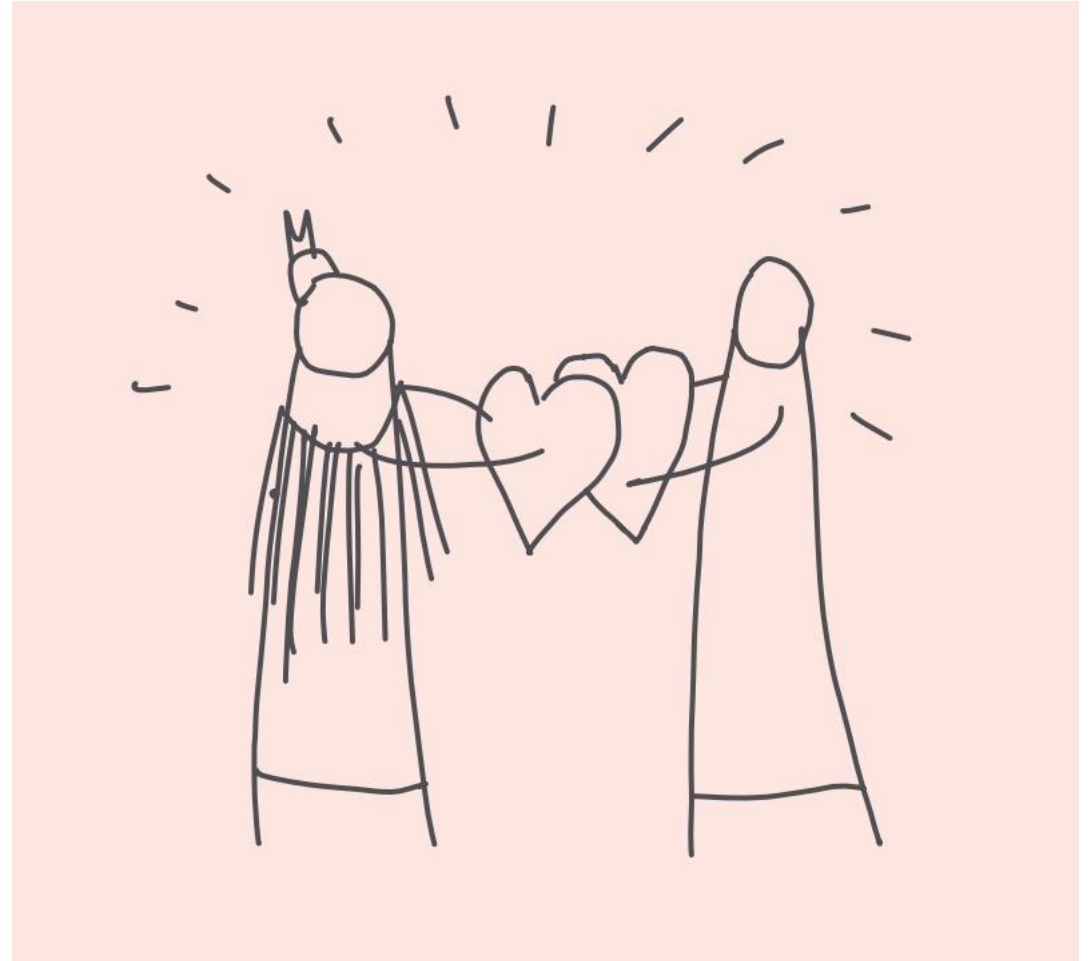


Image: Centre for Social Impact [Unu Ora resource](#)

Te Pūaha o te Ako

Re-sourcing and resources

What resources are around you that you can tap into for wellbeing?

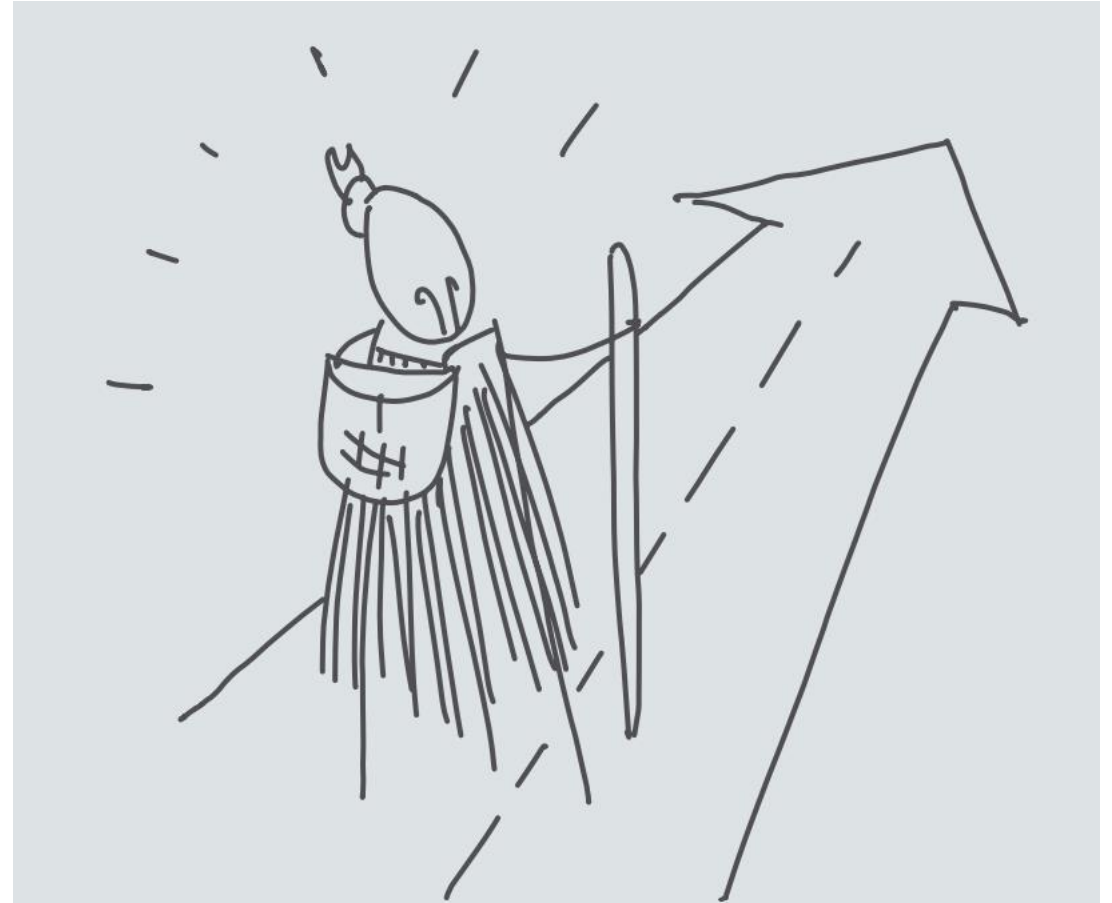


Image: Centre for Social Impact [Unu Ora resource](#)

Te Pūaha o te Ako

Further reading and resources:

- [Te Whare Tapa Whā](#). The Māori holistic model of health, Te Whare Tapa Whā, reminds you to take care of all the different aspects of your life to support your wellbeing. This resource includes videos, tips and personal stories.
- [Hauora: Rest, reflect and reset for Matariki](#). Highlights the significance of Matariki, the Māori New Year, as a time for rest, reflection, and resetting personal and collective goals. It offers practical guidance and reflective practices to nurture well-being during this period.
- [Unu Ora – a personal wellbeing resource](#). Provides tools and practices for personal well-being, rooted in Māori cultural traditions. It helps answer questions such as "What are some culturally grounded practices for enhancing personal well-being?" and "How can we incorporate these practices into our daily lives?"
- [Ngahere - individual wellbeing practice](#). A resource for personal wellbeing, grounding and nurturing a connection to Papatūānuku.
- [Ngahere for Teams - wellbeing practice for teams and workplaces](#). A resource designed to support teams build skills and practices for wellbeing and restorative systems change work.

Q&A

No such thing as a silly question.

Please put any **pātai/question** you may have about wellbeing in the chat

Te Pūaha o te Ako

Thank you