



INFORMATION SHEET

Hui Manawa Ora – 2 December 2022

contact: tania.oxenham@wintec.ac.nz

Kia ora, Kia orana, Talofa lava, Bula Vinaka, Fakaalofa lahi atu, Talofa, Malo e lelei, Fakatalofa atu, Halo, Aloha, Noa ia e mauri, Aloha, and a warm Pacific greeting.

The aim of this **hui (gathering)** is for teams to **create a 1-Day programme** on whole person | team wellbeing. To this end, ATLAANZ will provide **\$35.00** per ATLAANZ member in Aotearoa participating in the **Hui Manawa Ora** programme. The **programme for this day can be created by the institute and their members to suit their needs** as related to learnings gained from the conference and individual | teamwork wellbeing. This includes:

- how long (full or half day)
- day (**2 December preferred; however, flexible in December 2022**).
- joint institutes or own institute programme only

Feedback from some institutes reinforced this decision as they articulated their mindfulness around the cost of travel and their carbon footprint.

Ka manawa ora ngā tangata ake – Building wellbeing resilience for individuals and teams.

- Re-engage | reinforce | reinvigorate you and your teams | participants wellbeing
- Work to focus on mental | physical | spiritual | emotion wellbeing
- Remind yourself of the hope and promise you desire for work wellbeing
- Remind yourself of your own power as an individual and as a collective

Here are some ideas that may be of use:

Example One:

TIME	WHAT
8.50 – 9am	Karakia Waiata
9 – 9.05am	Message from ATLAANZ president (video)
9.05 – 9.15am	Travel to Hamilton Gardens
9.15 – 10.30am	Discussions around conference topics
10.30 – 10.45am	Paramanawa (morning tea)
10.45 – 12pm	Organised Activities
12 – 1pm	Kaitahi (lunch)
1 – 2.15pm	Wānanga Takitahi (Individual self-reflection) - handout
2.15 – 2.45pm	Feedback to team participants
2.45 – 3pm	Return to campus

Example Two:

TIME	WHAT
8 – 9am	Travel to Okauia Hot Pools
9 – 9.05am	Karakia Waiata
9.05 – 9.10am	Message from ATLAANZ president (video)
9.10 – 10.15am	Discussions around conference topics
10.15 – 10.30am	Paramanawa (morning tea)
10.30 – 12pm	Organised Activities
12 – 1pm	Kaitahi (lunch)
1 – 2.15pm	Puna waiora – Choose either Hot pool chats OR game challengers
2.15 – 2.45pm	Feedback to team participants
2.45 – 3.30pm	Return to campus

Example Three:

TIME	WHAT
8 – 8.45am	Karakia Waiata Tai chi
8.45 – 9.20am	Parakuihi (breakfast)
9.20 – 9.25am	Message from ATLAANZ president (video)
9.25 – 10.25am	Discussions around conference topics
10.25 – 10.50am	Paramanawa (morning tea)
10.50 – 12.15pm	Organised Activities
12.15 – 1pm	Kaitahi (lunch)
1 – 2.15pm	Mahi toi – creative works (painting, writing, rāanga, waiata, karanga)
2.15 – 2.45pm	Feedback to team participants
2.45 – 3.30pm	Return to campus

Example Four: (combined institute teams)

TIME	WHAT
8.30 – 8.45am	Karakia Waiata Session
8.45 – 8.50am	Message from ATLAANZ president (video)
8.50 – 9.20am	Parakuihi (breakfast)
9.20 – 10.20am	In own teams: discussions around conference topics
10.20 – 10.35am	Paramanawa (morning tea)
10.35 – 12.15pm	Workshop: Create a strategy of practice that reflects your values Feedback
12.15 – 1pm	Kaitahi (lunch)
1 – 2.15pm	TEAMS: Redesign workspace for diversity inclusivity equity culture
2.15 – 2.45pm	Feedback to team participants
2.45 – 3.30pm	Return to campus

ATTENDANCE REGISTER @ HUI MANAWA ORA 2022



Registration form required to be signed by ATLAANZ members in attendance and sent to mervyn.protheroe@wandw.ac.nz by **Friday 04 November 2022** to action funding support.

INSTITUTE NAME*			
First name	Surname	Email	Signature
Department Name:			
Manager First Name	Surname	Email	Signature

* The ATLAANZ Hui Manawa Ora Team would appreciate if participating teams would share any strategies, photos, videos, of the activities undertaken. By sending pictures, videos, etc. you have agreement from everyone that we might utilise these for sharing.

YOUR INSTITUTE DETAILS FOR FUNDING SUPPORT

Institute Banking details:

Name of Account:

Account No.: