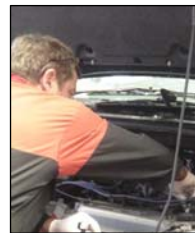


HE PĀTAI - MŌ Ō MAHI NOA O IA RĀ...



...HE AHA NGĀ MEA KA TINO MOKEMOKE KOE, KI TE NGARO ATU AUA MAHI...

...I MURI KA PĒHEA Ō WHAKAARO MŌU ANŌ?



Me pohewa noa koe kua pōkaikaha katoa koe i tētahi mahi o ia rā, he mahi e mahi noa iho ana koe i ēnei rā - ina koa, te kuhu kākahu, te whakahaere i tō whare, te tiaki tamariki, te piki i runga pahi, te mahi, te noho tahi me ō hoa – ngā mea katoa ka mahia e koe e ora ai koe, koutou ko tō whānau.

Ko ngā mea e mahia ana e koe – **ka kiia ēnei e mātou he ngangahau** – hei whakaahua mō tō āhua, he pēhea ō whakaaro mōu anō, he pēhea hoki tō whanaungatanga ki tangata kē. He tika te kī ka pāngia pea tō hauora me tō noho toiora ki te ao, ki te kore koe e kaha ki te mahi i ngā mea e hiahia ana koe, e mea nei rānei te tangata, e tika ana kia mahia e koe. Ki te kore ēnei ka uaua te noho i runga i te wairua pai, i te wairua ngahau.

Ko tā te kaiwhakaora ngangahau he mahi kia piki anō te noho toiora o te tangata, kia āraia atu te māuiui me te hauātanga, kia whakatairangatia, kia whakapakaritia anō te waiora, mā te whakawātea i te huarahi ki te ngangahau.

Ko tā te kaiwhakaora ngangahau he mahi tahi ki a koutou ko tō whānau hei tautoko i ngā pou tokomanawa e whā - Te Whare Tapa Whā (Durie, 1982):

- Te Taha Whānau (family)
- Te Taha Wairua (spiritual)
- Te Taha Hinengaro (emotional/mental)
- Te Taha Tinana (physical)



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Ka taea e **ngā kaiwhakaora ngangahau** te tautohu i ngā ngangahau he uaua ki a koe, te āwhina hoki i a koe ki te whakarite i ō ake whāinga. Ina koa ka āhei mātou ki te mahi tahi ki a koe ki tō whānau anō, kia taea ai e koe te:

- ako ētahi tikanga hou i muri i te māuiui, i te wharanga rānei, ina koa te kuhu kākahu, te taka kai, te ārahi motokā
- whakarerekē i tō kāinga, i tō mahi, i tō horopaki kura rānei
- whakamana, te whakapakari ō pūkenga anō kia taea ai e koe te whakauru ki ngā āhuatanga e hiahia ana koe
- whakapakari pūkenga hōu, pūmanawa hou, whāinga hou hoki i te mahi, i te kura, i te kāinga, i ngā nohonga tahitanga hoki ki te tangata
- karanga atu ki te hunga tautoko i te hapori
- āwhina i a koe kia piki anō ō whakaaro mōu anō, mō ngā mahi hoki ka mahia e koe
- whakapakari ake i tō noho hauora

He Wheako Kiritaki:

“He tino tohungatanga te mahi whakaora ngangahau i te tangata, i tīmata ai taku hokinga ki tōku taha Māori, me te whai i ōna tini āhuatanga, otirā nā te whakamahi i ngā mahi Māori hei tautoko i taku whakamāuitanga.”

"Ngāwari noa iho tana whakaatu mai i ana mōhiotanga, me āna whakamārama ki āhau [te matua]. Waihoki ngā kōrero i hoki mai i a ia, ngā mahi i whakaritea kia mahia, me te putanga hua, ka rawe hoki."

"He whiw

hinga nui, he waimarietanga nui taku kawe i taku hōtaka whakahaere mamaetanga ... i te taha o [taku kaiwhakaora ngangahau], i te wā e pouri ana taku ngākau.”

“Nā taku kaiwhakaora ngangahau ahau i ako kia mārama ai au ki taku raruraru. [I pēnei tonu au] kua pouri kerekere katoa te ao, engari nā te whakaora ngangahau ahau i kawe ki runga, i whakamānu anō ki te kare o ngā wai.”

“Kua hoki mai au ki te mahi, arā, mahi tūranga tūturu nei, otirā, kia pai tonu taku tiaki i ahau anō, kei ngenge. Nā te whakaora ngangahau au i āwhina kia āta haere, kia waiho mā te wā anō au e whakaora.

Ngā wāhi hei haerenga atu ki te kimi kaiwhakaora ngangahau:

Mahi ai ngā kaiwhakaora ngangahau i te taha o ngā kaimahi ngaio hauora i ngā iwi, i ngā hapū, i ngā hapori, i ngā kura, i ngā wāhi mahi, i ngā hōhipera, i ngā tari matatapu, i ngā kāinga noho me ētahi atu wāhi mahi.

Kia kōrero ai koe ki tētahi kaiwhakaora ngangahau, whakapā atu ki tō kaimahi hauora ngaio, ki tō hōhipera, ki te kaiako o tō tamaiti, ki tōna tumuaki kura rānei, titiro rānei ki tō mātou pae tukutuku ki www.nzaot.com



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