

Te Ara Whakamana mana enhancement



a culturally centred, strength-based model for
wellbeing and positive behaviour change

“He aha te mea nui o te ao? He tangata, he tangata, he tangata”

“What is the most important thing? It is people!”

Meri Ngāroto



“Te Ara Whakamana ties so
much of what I do to a culturally
appropriate framework. It
is such a wonderful tool and
training to support my mahi”

Practitioner

What is Te Ara Whakamana?

Te Ara Whakamana is a circular model that uses colour, imagery, and the metaphor of the Māori Creation Story to explore the uniqueness of the individual, their Mana, and their world.

This Aotearoa/New Zealand designed tool employs a culturally centred framework for a strength-based conversation that explores who we are, our sources of strength, and how we face life's challenges. Through applying Atua dispositions, the framework provides a strong impactful structure and a cultural relevance to assist in self-regulation and reflection, which creates opportunities to effectively manage challenging situations and crisis escalation at an early stage.

Te Ara Whakamana is a Model of Practice that is culturally responsive, provides insight, and advances problem solving through the co-construction of plans for positive behaviour change that are shared. This engagement strengthens relationships, develops social and emotional literacy, reduces stress, and improves health and well-being outcomes for all involved.

Te Ara Whakamana is used by over 100 Social Services workers across New Zealand including clinical psychologists, social workers, corrections workers, probation officers, behavioural specialists, youth workers, health professionals and FASD specialists. It's unique model provides the ability to connect with clients of all ages, providing a strengths-based approach to bring out mana.

How Te Ara Whakamana works

Te Ara Whakamana helps explore the symbiotic relationship of mana and hauora/wellbeing in a way that deeply resonates with individuals and their whānau and supports healthy relationships with others.

As a culturally centred, strength-based wellbeing model for positive behaviour change, this approach weaves together relational neuroscience, trauma informed practice, and restorative practice into the Aotearoa/New Zealand context while at the same time raising staff and student understanding of Te Ao Māori.

Te Ara Whakamana aligns with research into Cognitive Behaviour Therapy, Narrative Therapy, Choice Theory, and Positive Psychology, along with MoE Curriculum frameworks Te Whāriki, Ka Hikitia, Tātaiako, the Pasifika Education Plan, He Pīkorua RTLB Practice Framework, and the six priorities laid out in the Learning Support Action plan, where tamariki Māori experience success as Māori.

A 2021 MoE evaluation into Te Ara Whakamana states,

“It is clear from analysis of evidence gathered from participant schools that Te Ara Whakamana can significantly increase schools’ and therefore the education system’s ability to enhance wellbeing for students, teachers, schools and whānau, and communities.” (Hammond, 2021, p.51). Te Ara Whakamana: Mana enhancement evaluation | Education Counts. It takes a collective to support tamariki rangatahi to thrive.



Practitioners have experienced the following outcomes

- Dramatic drop in behaviour support referrals
- Reduction in stand-downs, suspensions, exclusions, and expulsions
- Embedded cultural responsiveness and greater cultural capability
- Improved self-regulation levels (students and staff)
- Authentic partnering with Whānau, Mana Whenua, and Iwi Māori
- Improved staff and rangatahi wellbeing
- Increased staff retention
- Safer environments

“It has been positive to offer the model as an alternative to Māori families as a true Māori model rather than a westernised one. It supports the building and connection of relationships between Pākehā psychologist and Māori clients.”

Psychologist

What People Say...

"As soon as the pen hits the paper it's real. This boy thought he couldn't control his anger. Even his parents thought nothing could help him. Now he has a tool that really helps him. His whānau relationships have improved too as everyone has a role to play and are part of the solution."

Laurie Holmes, Youth Worker

"What I love about it is that from a Corrections world view, we are risk adverse and often forget that within each of us there is strength, from adversity comes strength and coping – Te Ara Whakamana: Mana Enhancement allows us the opportunity to explore that."

Alison Fowlie, Department of Corrections Practice Leader, Te Tai Tokerau

"It is a culturally inclusive model that allows my Māori families to feel I value their culture and want to work alongside/with them rather than the more traditional expert-client model."

Psychologist, Tūranganui a Kiwa/Gisborne

"It makes me feel important and valued because it's Māori and I'm proud to be Māori."

Rangatahi, Tūranganui a Kiwa/Gisborne

"Mana is about being you, what makes you yourself. So, you can enhance your Mana by being you – the best you hopefully."

Tamariki, Tamaki Makaurau/Auckland

"Te Ara Whakamana: Mana Enhancement and what it allows us to do as psychologists is it provides an easy framework to talk about thoughts and feelings and helps us to help the clients put things into words that are really hard to put into words."

Psychologist, Tūranganui a Kiwa/Gisborne

"There is a difference between talking to someone vs sitting down together, talking with someone and co-constructing a plan together. And that is a really, really important thing. This model is practical, and it is tangible, it is something clients can physically take with them afterwards. Te Ara Whakamana: Mana Enhancement is not just that though. As you walk away from the session you actually made some goals... They're connecting the decision to take those actions with their mana and their beliefs and seeing on the paper what they are doing to their mana when they get out of control. There is a real power when people are doing it themselves and are making their own decisions."

Practitioner, Tūranganui a Kiwa/Gisborne

Te Ara Whakamana Training

Organisation/Agency-Wide Training

Te Ara Whakamana: Mana Enhancement is most effective as an organisation-wide approach. This brings together senior management, practitioner staff, support staff, mana whenua, whānau, and surrounding support services, to provide an environment prepared for success. Training in Te Ara Whakamana is delivered over 2 days, set one month apart, with ongoing support and mentoring over a 12-18 month period, including specialist whānau training days if required. Training of new staff, refresher trainings and additional whānau trainings can also be held, all tailored to your specific needs.

- TAW implementation strategy
- 2 full day training sessions (set 1 month apart)
- Online zoom support sessions for staff
- Organisation visits
- Whānau training
- Ongoing mentoring and support
- Refresher trainings
- Access to the Te Ara Whakamana online shared Community of Practice
- Annual Te Ara Whakamana Unconference and Mana Leadership Camp

2 day Individual Practitioner Training

Te Ara Whakamana training runs over a 2-day programme. The first day covers the key concepts, the Māori creation story and introduction to Ngā Atua Māori (spiritual guardians), the concept of Mana, identifying strengths and cultural resources, case studies and how to use the framework. You leave this day with a tool you can use immediately.

We reassemble a month later to peer review, share innovations, problem solve the cases and discuss further aspects such as how to analyse the content, re story, assess risk and apply safety plans, and track progress. We discuss using Te Ara Whakamana in restorative practice, as a holistic measuring outcomes tool and how to ensure sustainability. We also visit staff wellbeing and show how to use the tool for this purpose.

You will receive a physical copy of the Te Ara Whakamana: manual, and gain online access to in-depth resources including a downloadable circle model, case studies and further reading, the latest innovation and developments from Te Ara Whakamana practitioners.

Te Ara Whakamana Community

Te Ara Whakamana Online Community of Practice

The Community of Practice is a space for Te Ara Whakamana Practitioners to share resources, examples and their use of the model in their practice. The community of practice site includes:

Downloadable Te Ara Whakamana resources; Links to videos, books and articles on Pūrākau creation stories; Further reading and links to the latest research; Whakataukī, whakatauākī, karakia, waiata and Māori games and movement; Case studies; A specialised practitioner blog on key topics; UnConference presentations; A Te Ara Whakamana discussion board to share innovations and ask questions.

Whakawhanaungatanga

Mana Leadership Camp

Mana Leadership Camp as an opportunity for Te Ara Whakamana practitioners to come together and participate in robust kōrero, workshop, engage, problem solve, and to whakawhanaungatanga.

Te Ara Whakamana Hui-a-Tau

The Te Ara Whakamana Hui ā tau, hosted by a Te Ara Whakamana school/organisation, is a space for people to hear from practitioners, presenting on their transformative experiences, innovations and results of their Te Ara Whakamana practice. These presentations are from a range of areas including education, social services and health. The Hui ā tau is an opportunity for all participants to see the best effective evidence-based practice of Te Ara Whakamana in action.



“As a framework and as a tool to support students, this has been transformative for us”

Tumuaki Voice



“I can use this to help my whānau be stronger”

Whānau Voice

Contact Us

If you would like to book training or require more information about Te Ara Whakamana please contact us or visit our website

Email: info@akosolutionz.com

Website: www.tearawhakamana.com