



Te Huarahi o te Ora Being a Mentor

The focus of Te Huarahi o te Ora is:

- **Whanaungatanga :knowing who we are as Ngāti Pareraukawa**
- **setting educational goals**
- **highlighting success**
- **planning for future success**
- **achieving sports and recreational goals**
- **developing strong relationships**
- **having fun at the marae**
- **setting health goals**
- **understanding risks to our wellbeing and the protective factors**
- **supporting whānau and being supported**
- **having mentors and being a mentor**
- **being reliable, trustworthy and honest**
- **relating strongly to Ngāti Pareraukawa**
- **honouring the gifts of our tūpuna**

Te Huarahi o te Ora mentoring is

- **having someone from our hapū to talk to**
- **connecting to a person on a one-to-one equal relationship**
- **based on mutual trust and support**
- **encouraging people to take responsibility for one's own life**
- **a time to inspire and encourage**
- **an opportunity to be heard & accepted**
- **a time to have undivided attention to concerns and cares**
- **about developing skills**
- **talking openly and being heard**