

## Alignment With Tikanga Maori

- ❖ Better Blokes acknowledges the Treaty of Waitangi creates a partnership relationship with Maori.
- ❖ Tikanga Maori values strongly align with Better Blokes peer support model.

## Whanaungtanga - A sense of belonging.

Each session starts with man acknowledging who he is and what his recent experiences have been.

## Manakitanga - It is a measurement of peoples ability to extend aroha.

- ▶ Coaching and encouraging through peer support.
- ▶ Active listening.
- ▶ Sharing resources and experiences.

## Rangatiratanga - Self governance.

- ▶ Negotiating the framework of the groups.
- ▶ All participants are encouraged to take leadership roles.
- ▶ Participants are able to make informed choices.

## Maramatanga - Understanding.

- ▶ Review and acknowledge the group boundaries before each session.
- ▶ Check relevance and understanding of any learning..
- ▶ Opportunity to move into a facilitation role..

## Whakapapa - personal history.

- ▶ Sharing personal history is relevant to the healing process.
- ▶ All cultural backgrounds are acknowledged and valued.

## Wairua - spiritual wellbeing.

- ▶ Many of the activities shared in peer support focus on the spiritual well being of the participants.

## Mauri - It is me it is my uniqueness.

- ▶ Peer support is constantly acknowledging and respecting the value of the individual.
- ▶ We avoid having any structure hierarchy to avoid any power imbalances.



## Contact Information

- ▶ Dave Passell 021 174 9252
- ▶ Email: [manager@betterblokes.org.nz](mailto:manager@betterblokes.org.nz)
- ▶ Website: [betterblokes.org.nz](http://betterblokes.org.nz)
  
- ▶ Colin Cross 027 447 3745
- ▶ Email: [ccross@xtra.co.nz](mailto:ccross@xtra.co.nz)