



Whare Wānanga Series

“ Timatanga Hou - New Beginnings ”

*“Ehara taku toa i te toa takitahi engari he toa takimano
My strength is not that of an individual but that of the collective.”*

Kaupapa:

Timatanga Hou – New Beginnings Series of Whare Wānanga focus on developing the symbiotic relationship between support carers and those who they care for. It will do this by providing nurturing care and support to our precious carers through learning together and access to a wide range of knowledge, specialists, and leaders across many aspects of life, through a Tikanga Māori lens.

There is a growing need to provide more specialised care and support to our whanau working at the frontlines of our community, we need to help them stay fit, healthy and strong, developing endurance so they can enjoy what they do for and within our community without the risk of being burned-out or harmed by the often-complex challenges their roles place on them, daily.

Therefore, the Timatanga Hou series of Whare Wānanga are founded on and incorporate much of the great work that has been done over many years by our people and partners, teaching on the values of SELF-CARE through reconnection to Whanau, Whakapapa, Tikanga and Whenua.

These Whare Wānanga utilize outcomes and evidence gathered and side by side build up our support carer whanau and our whanau in support care. Our facilitators are skilled life coaches and motivational counsellors. Confident within the Tinana, Hinengaro, Wairua holistic learning & development practice models having knowledge within physical training, nutrition, meditation, motivation & inspiration techniques from a Kaupapa Māori perspective. They are also familiar with Te Whare Tapa Wha, Enabling Good Lives and More Independent Living frameworks so understand compliance and support care requirements when caring for and supporting vulnerable children, youth and adults.

What does Timatanga Hou look like as a programme?

The Programme Benefits:

For the Support Carer Whanau:

- ❖ Confidence in the knowing they have a robust care programme set up and operating within the home, workplace and community.
- ❖ Access to an internal quality wellbeing support services and related resources.
- ❖ Supported by qualified and skilled wellbeing practitioners.
- ❖ Consistently monitored and tracked wellbeing in the home, workplace, and community providing responsive and preventive care and support.
- ❖ Participation in wellbeing initiatives and strategies designed to enhance practices, performance and quality assurance within the home and workplace through learning and skills development.
- ❖ Wellbeing guidance & counselling service with access to a wide range of support services when and where required.
- ❖ Team building and quality relationship development & training.
- ❖ Communications and conflict resolution coaching.

For the Whanau in Care Support:

- ❖ Receiving a more consistent level of quality care and support from support carers.
- ❖ Experiencing a much fresher level of care and support from their support carers.
- ❖ Receiving an evolving level of care and support from support cares based on the acquisition of new skills and knowledge received through the Timatanga Hou series.
- ❖ Maintained levels of motivation and inspiration from the support carer staff.

The Programme Elements:

Frameworks: Te Whare Tapa Wha, Enabling Good Lives and More Independent Living.

- ❖ Who am I?
- ❖ Where have I come from?
- ❖ Where am I heading?

- ❖ Why should I look after myself?
- ❖ How should I look after myself?
- ❖ How do I look after my colleagues?
- ❖ How do I enjoy my day at home, work and in the community?
- ❖ Who's the boss?
- ❖ The importance of good communication at home, in the workplace and the community.
- ❖ How to deal with problems and conflict – quality relationships.
- ❖ A cut above the rest – striving for excellence in a healthy way.
- ❖ Knowing our Tinana.
- ❖ Knowing our Hinengaro.
- ❖ Knowing our Wairua.

The Programme Delivery:

Facilitation:

- ❖ Group sessions
- ❖ Individual sessions
- ❖ Workshops
- ❖ Seminars
- ❖ Webinars
- ❖ Conferences
- ❖ Events

FREE Introductory Consultation

Step 1:

We offer prospective clients an initial one (1) hour meeting at no charge so we can gain the best understanding of your needs, ascertain how we might assist you, and generate a plan tailor made just for you.

Step 2:

Then, if you wish to work with us, we provide you with a written proposal, outlining all costs, and a Client Agreement, outlining our Services, Terms and Conditions, that you will need to sign before we commence working with you. We can provide you our services at an hourly rate or under a longer-term contract (weekly and monthly), so we can best assist you, according to your needs, time and budget, while we work together to grow your business or develop your life.

Fee Overview

We offer Three (3) fee options to our clients:

Kaihautū:

- ❖ A fixed monthly fee to advise your company's Board of Directors, or
- ❖ An hourly rate applies based on the set number of hours outlined in our Proposal.

Pūkengatanga:

For businesses an hourly rate applies for a minimum of 1.5 hours per week, including a one hour per week meeting either online or in person. Minimum Term is a 12-week period, payable weekly on the day of your appointment, and includes thirty (30) minutes per week travel time and associated strategy and business research costs. This service can be terminated through two (2) weeks' notice presented in writing.

For personal development an hourly rate applies for a minimum of one (1) hour and maximum of three (3) hours per week at one (1) session per week, and a twelve (12) week minimum contract term. This service can be terminated through two (2) weeks' notice presented in writing.

- ❖ There is no cost to discuss your requirements with us.
- ❖ All client fees are discussed, quoted, and agreed upon in advance, before commencing.

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