

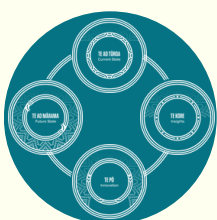
Level Up Workshop

During this one day workshop we will explore concepts of well-being and goal setting. Well-being is a vital resource influenced by social, economic and environmental factors. Using frameworks developed in Aotearoa and the Cook Islands, participants will lay a solid foundation for well-being that allows them to achieve their goals. Throughout the workshop, we will equip participants with practical tools and resources to enhance their quality of life and achieve better outcomes.



Pito'enua

A holistic well-being model developed in the Cook Islands. The model is represented as a vaka focusing on 6 dimensions and is linked to practical examples of how you can use this model to enhance well-being and reach your desired destination.



Te Korekoreka

Focusing on the four realms of the creation story, Te Korekoreka is delivered to help individuals orient to where they might be in any particular moment. This level of self-understanding links back to Pito'enua giving individuals the tools to understand how to enhance or maintain balance in order to continue on their journey.



Goal Setting

A simple 10-week repeatable process that makes setting and achieving goals fun. In 10 weeks individuals have the ability to see significant change and increased levels of well-being



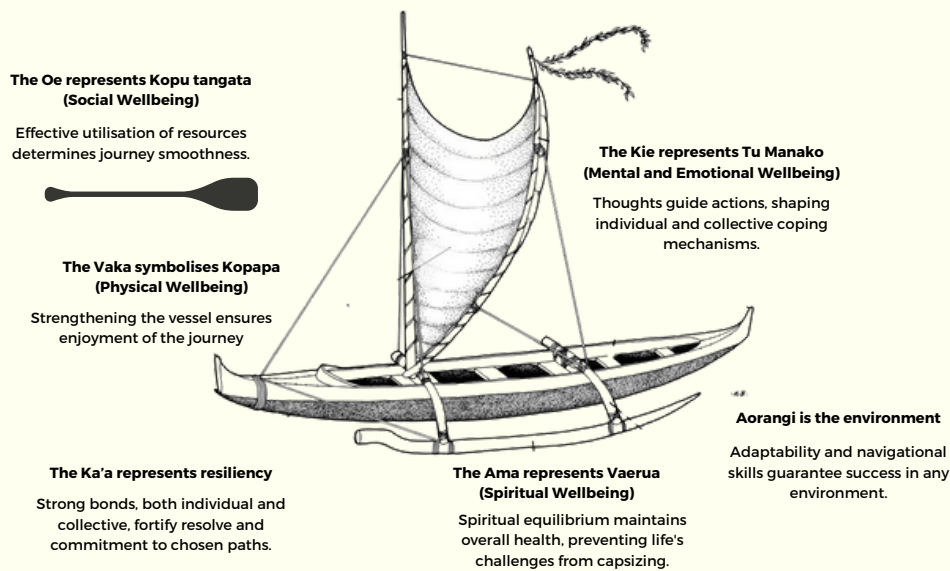
Poutama Coaching

The Poutama coaching programme compliments the Level Up workshop by providing 3 hours of personalised 1:1 coaching over 10 weeks to reinforce insights and support goal accountability beyond the workshop.



Pito 'Enea

The Pito 'Enea Wellbeing Model, developed by Dr. Debi Futter-Puati in the Cook Islands, presents a comprehensive framework for promoting holistic wellness among all. It is important to recognise that each part is interconnected and directly influences the other parts. Pito 'Enea, derived from the concept of a Vaka navigating through varying conditions, encapsulates six dimensions of wellbeing.



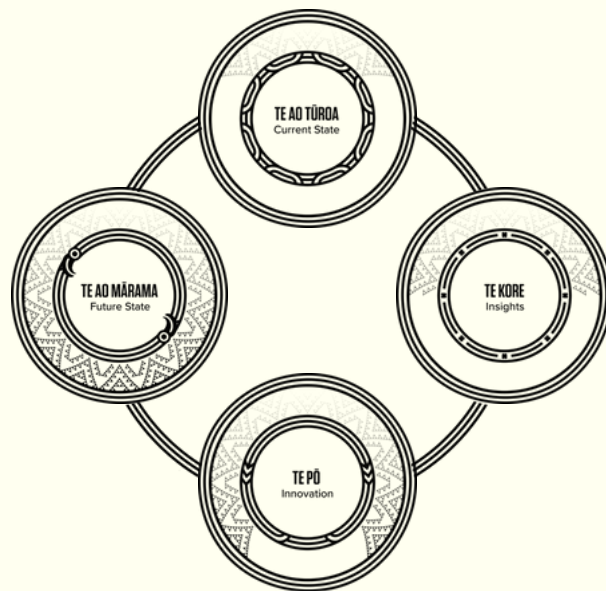
Components of the Pito 'Enea Wellbeing Model:

1. Social Wellbeing (Oe): Cultivating a sense of belonging
2. Physical Wellbeing (Vaka): Understanding how choices influence physical wellness
3. Resilience (Ka'a): Equipping individuals and groups with the skills and resources to cope with stress, adversity, and change effectively.
4. Spiritual Wellbeing (Ama): Encouraging individuals to explore their personal values, beliefs, and purpose to find meaning and fulfilment.
5. Mental and Emotional Wellbeing (Kie): How ones mental and emotional state influences actions
6. Environmental Wellbeing (Aorangi): External influences on individuals or groups.

Te Korekoreka

Te Korekoreka, developed by Tokona Te Raki and inspired from the Kāi Tahu karakia 'Kei a te pō', composed in 1849 by rangatira and tohunga Matiaha Tiramōrehu. This model offers a practical approach to Māori future making, empowering individuals to envision and create positive change in their lives.

Te Korekoreka serves as a practical guide for examining the present, learning from the past, and envisioning a new future grounded in Māori cultural principles. By fostering a deeper understanding of one's current reality and facilitating intentional action, the model facilitates personal and collective transformation.



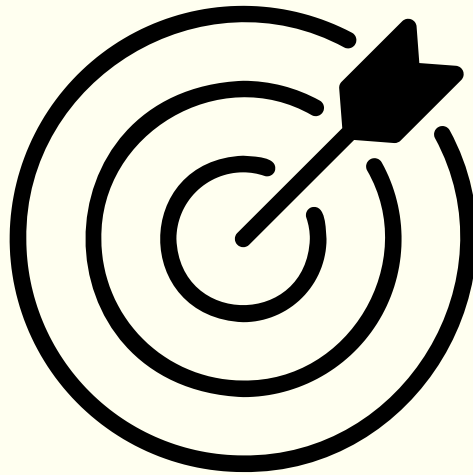
The realms of Te Korekoreka Model:

1. Te Ao Tūroa is the reliable, physical, material realm that we can see, smell, touch and measure.
2. Te Kore is a realm of emptiness, uncertainty, ambiguity, memories, and pure potential.
3. Te Pō is a realm of creativity and the natural process of turning dreams into reality.
4. In Te Ao Mārama the path forward is clear and we feel confident in our ability to make positive change through our own actions.



Goal Setting

Using Te Korekoreka as a practical application we create a simple 10- week process that makes setting and achieving goals fun! In 10 weeks you will see significant changes and increased levels of well-being.



Te Korekoreka and goal setting:

1. Te Ao Tūroa: Review the current situation
2. Te Kore: Reflect on what got you here
3. Te Pō: Imagine success
4. Te Ao Mārama: Implement your vision

Poutama Coaching

By utilising Te Korekoreka to steer the coaching process, we collaborate closely with our kiritaki/clients to outline a precise roadmap for their progress.

During a 10-week partnership, we support each individual as their accountability ally, guiding them through various stages. They will reflect on their priorities, devise strategies to reach their set goals within this timeframe, and create actionable steps to implement between sessions.

