

# HAUORA PROJECT – ZEAL TARANAKI 2021 (TERM 3)

**Zeal @ The Mayfair 69 Devon St, West. NEW PLYMOUTH**

**STARTING Wednesday 4<sup>TH</sup> AUGUST @ 3.45pm-5.45pm**

**MISSION:** Our mission is to deliver a series of workshops which support and foster positive youth development, by cultivating hauora (wellbeing) within rangatahi through support, empowerment, information, experience, and connection.

**VISION:** Create a safe mana-enhancing, and culturally responsive space where rangatahi feel connected, accepted, respected, valued, purposeful, and empowered, with the practical tools and knowledge they need to thrive.

**VALUES:** We value fairness, equity, inclusiveness, respect, belonging, passion, purposefulness, creativity, and mana-enhancement.

**AIMS:** Our aim is to provide information, aimed at empowering, resourcing, and supporting rangatahi to grow and develop hauora positively and safely.

- **SET FOCUS:** Weekly (2hr) group sessions will be held at Zeal, focusing on a set topic, where rangatahi explore, discuss, and develop understanding of the topic, and develop skills, techniques and tools related to the topic.
- **INCLUSIVITY:** Sessions held at Zeal are open to all (between 13-18yrs) regardless of gender identity, background, ethnicity, race. The aim is to make a welcoming, accepting, and non-judgmental space in which all group members feel safe and included.

- **EMPOWERMENT:** Group members are encouraged to support one another, including accepting each other’s perspectives, values, beliefs, and attitudes, whilst being respectful of each individual voice, and the right of all to share and be involved in the group.
- **AFFIRMATIONS + FEEDBACK:** Each session ends with affirmations, and positive feedback for each individual in the group. This is to ensure each individual feels valued, seen, safe, and like they belong. It is also in keeping with the Growth Mindset model.
- **RATIO:** A group ratio of 1:10 for youth worker/rangatahi allows for a more personalised support structure, whilst allowing appropriate and equitable time allocation for individuals, discussion, and activities.

**TO REGISTER INTEREST + FOR MORE INFORMATION CONTACT:**

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**SESSION TIMETABLE**

SESSION	TOPIC	DATE
SESSION 1	Welcome – Connection	Wednesday 4 <sup>th</sup> August
SESSION 2	Brain Development	Wednesday 11 <sup>th</sup> August
SESSION 3	Resilience	Wednesday 18 <sup>th</sup> August
SESSION 4	Self-Management	Wednesday 25 <sup>th</sup> August
SESSION 5	Wellbeing	Wednesday 1 <sup>st</sup> September
SESSION 6	Choices + Consequences	Wednesday 8 <sup>th</sup> September
SESSION 7	Relationships	Wednesday 15 <sup>th</sup> September
SESSION 8	Communication	Wednesday 22 <sup>nd</sup> September
SESSION 9	Self-Esteem + Confidence	Wednesday 29 <sup>th</sup> September