

Who are we?

Our organisation is Manawarora Ltd. We design and deliver services to whānau and the workforce to uplift their mana, mauri and manawarora.

We are a virtual team located across Te Ika-a-Māui | the North Island.

Our approach is aligned with our whakataukī:

Whāngaihia kia tipu, kia Puāwai -

That which is nurtured, blossoms and grows.



How can I enrol in a programme?

Please email us:

✉ contact@manawarora.com

✉ stacey@manawarora.com
Stacey McGregor, Kaiwhakahaere Matua |
General Manager

Some quotes from our P4K 101 trainees

“This programme had some amazing content that can be utilised in my personal and work life”

“The content that was supplied will definitely benefit me and my workplace by ensuring that I am not only looking after myself for my personal wellbeing, but also for work, by improving my service delivery, health and wellbeing to prevent burn out”.

Puāwai 4 Kaimahi

Oranga-centred learning and support

Do you want to be part of shaping the future workforce training that meets the needs and aspirations of kaimahi tāngata whenua and kaimahi tāngata tiriti across Aotearoa?

Puāwai 4 Kaimahi or P4K is a **NEW PROTOTYPE SERIES** of learning and support aimed at the mental health and addiction workforce.

What is P4K?

P4K is a new suite of workforce development programmes designed to improve the **wellbeing** of the mental health and addiction workforce. P4K **respectfully braids** both Mātauranga Māori and other knowledge streams to support kaimahi (individual and collective) **mana | agency, mauri | vitality and manawaroa | resilience**.

The content of our programmes is very **practical**. You can apply new skills and knowledge **same day**. Topics range from understanding trauma, stress, bullying, unhealthy workplace behaviours, equity, allyship, Te Tiriti o Waitangi, and other specialist topics by renowned guest speakers.

Because we are a prototype, you will help to shape these programmes as we go. This is an awesome opportunity to be **part of something ground-breaking** where the **beauty of mātauranga** informs wellbeing for the tāngata whenua and tāngata tiriti workforces.

P4K Goals



Support kaimahi to uplift their mana, mauri and manawaroa, and organisations to uplift their kaimahi.



Share practical skills and knowledge that kaimahi can use to look after themselves, in order to look after others.



Support tāngata tiriti kaimahi to be awesome allies, and enable tāngata whenua kaimahi to guide more effective allyship.

Meet the team



Sharon Shea
Ngāti Ranginui | Ngāti Hine | Ngāti Haua | Ngāti Hako
Tumu Whakarae | CEO
sharon@manawaroa.com or
sharon@sheapita.co.nz



Stacey McGregor
Ngāti Raukawa | Taranaki
Kaiwhakahaere Matua | General
Manager
stacey@manawaroa.com



Dr Melanie Christensen
Ngāti Maniapoto | Raukawa
Pouako Matua | Senior Trainer



Louisa Meredith
Ngāti Ranginui | Ngāti Hine
Kaiwhakahaere Hōtaka | Programme
Manager



Rae Brooks
Ngāti Maniapoto
Ringa Atawhai | Trainer & Support



Dr. Madeleine Haerewa
Ngāti Pikiao | Ngāpuhi
Pouako Matua | Senior Trainer

What does P4K training look like?

P4K is a 'package' of learning for kaimahi that provides a series of programmes for kaimahi to support themselves for improved team-work and better organisations.

Step 1:

P4K 101 is for all kaimahi
Foundation learning to build kaimahi oranga and manawaroa.
(Total ~6hours online, all at once or over 3weeks).

Step 2:

P4K201 is for non-Māori kaimahi
Introduction to authentic allyship and how to partner with Tāngata Whenua.
(Total ~5hours online, all at once or over 2 weeks)

P4K202 is for Māori kaimahi
Understanding authentic allyship and how to guide allies on their learning journey.
(Total ~5hours online, all at once or over 2 weeks)

Step 3:

Mauri Ora Sessions

Advanced specialist topics delivered by renowned guest speakers and Dr Haerewa. Bite-sized sessions for busy kaimahi.
(55minutes online)