Who are we?

We are a virtual (online) team located across Te Ika-a-Māui | the North Island.
Our organisation is called Manawaroa Ltd.

We design and deliver services to whānau and the workforce to uplift their mana|authority, mauri|vitality, and manawaroa|resilience.

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?

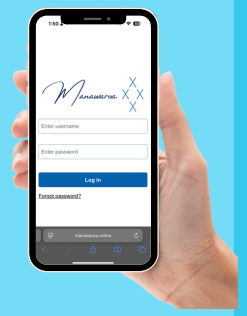
Talk to your Oranga Tamariki social worker. They will support/awhi you to attend this programme. Or, you can contact us directly via email.

contact@manawaroa.com

For more information about our programmes, please visit our website:

www.manawaroa.com

Stay connected with our new app!



What caregivers have said about the Puāwai Programme

"I really enjoyed the Puawai delivery. I learnt so much about myself and tamaiti. I look forward to applying my new skills with my tamaiti and mokopuna. Nga mihi"

"I am more patient and as a result of self care am able to manage stress and have gained tolerance for situations that can be responded to with more understanding and love"

"I am very grateful for this course. I learnt alot and your team is extremely helpful and treat everyone equal"

"The result of my learning has made me more aware of how I respond and how I should carry myself and lead by example"

"I learnt overall about how the brain works/behaviour and how to deal with feelings more from the tamariki before situations escalate. The Maori proverbs were amazing to learn also"

Puāwai 4 Caregivers

Trauma-informed, oranga-and-healing-centred learning and support

Manawaroa
WWW.MANAWAROA.COM

What is Puāwai 4 Caregivers?

Puāwai is a trauma-infored, oranga-and-healing-centred learning and support for Oranga Tamariki caregivers. This means that whilst our programme builds an understanding of trauma, its overall approach is based on whakaora|healing and whāngaihia|nurturing whānau to safely respond to, and meet the needs of tamariki in their care.

Puāwai respectfully braids both mātauranga Māori and other knowledge streams to support and strengthen whānau (individual and collective) oranga|wellbeing and manawaroa|resilience.

Puāwai Goals

- Strengthen whānau oranga|wellbeing and manawaroa|resilience to cope with life challenges
- Enhance skills, knowledge and awareness of trauma and the impacts of trauma on tamariki
- Provide tools and strategies to support caregivers to manage themselves and promote a positive home environment
- Build caregiver understanding of Māori culture and its application as a way to support tamariki healing.

Meet the Team



Sharon Shea-Pita

Tumu Whakarae
CEO & Principal

Ngāti Ranginui, Ngāti Haua, Ngāti Hine, Ngāti Hako



Stacey McGregor

Kaiwhakahaere Matua
General Manager

Ngāti Raukawa, Taranaki



Rae Brooks

Ringa Atawhai
Trainer & Support

Ngāti Maniapoto



Tori Norman

Pouāwhina
Programme Administrator
& Delivery Coordinator

Ngāti Kuri, Ngātiwai

What will I learn?

Puāwai covers a range of topics designed to support caregiving whānau at any stage of their journey. These topics include learning about the brain (neuroscience), how to cope under stress and the importance of self-care, through to trauma and managing challenging behaviours. Whānau learn how to respond to their tamariki in positive ways that bring about healing and build resilience. Puāwai provides a practical kete [basket] of skills, strategies, and tools that whānau can apply in their everyday lives to enable them to whakapuāwai | thrive.

Learning & Support

We know that one size does not fit all whānau and as such, we strive to provide flexible and open learning and support options. This includes:

- **Gateway Programmes**: Foundation learning that provides a gateway to build caregiver skills, knowledge and awareness of tamariki trauma.
- **Advanced Programmes**: Specialist topics based on whānau learning aspirations.
- **Online support**: In addition to the programmes, we offer virtual support via phone, email, text and online meetings.