

APRIL 2022 - JULY 2022


PHENOMENAL YOUNG WOMEN

NGĀ KAKANO SERIES

NGĀ KĀKANO SERIES

for 12-18 year old

Phenomenal Young Women



who live, work, play or
pray in Tāmaki,
Maungakiekie or
Riverside

JOIN US FOR,

- mentoring sessions
- personal development
- support to create
personal projects
- a phenomenal retreat!

RĀKAU TAUTOKO

PREPARED AND PRESENTED BY

RĀKAU TAUTOKO

ABOUT PHENOMENAL YOUNG WOMEN



A LITTLE BIT ABOUT OUR HISTORY

Phenomenal Young Women began in July 2018 originally in response to youth suicide prevention in Tāmaki.

In previous years we organised weekly gatherings open for local young women to come along to and participate in empowering, confidence building and fun activities. They connected with our Phenomenal Youth Leaders who are relatable and co-created their own activities and events.



This included self defence classes, gaming events, movie nights, cupcake decorating, pampering sessions, arts and craft activities, tie dying, confidence growth discussions, goal setting, online hang out spaces, online quizzies and more.

OUR PIVOT



Covid-19 put many barriers in the way of our proposed activities for Phenomenal Young Women over 2021 -2022. So we changed our plan to acknowledge and work around the lock-down and COVID restrictions.

This pivot took place at the beginning of 2022 with a remaining budget of \$15,000.

Ngā Kākano Series

Ngā Kākano was a series of personal growth sessions for young women, encouraging them to get to know themselves better, understand their strengths and support them to create some exciting plans for the future.

The series included elements of mentoring by pairing the young women (teina) with role models (tuakana) from our community who could speak to their own life journeys and share their achievements. These role models acted in a mentoring capacity for three sessions and were given koha for their time.

Key elements of Ngā Kākano Series

- 10 x young women
- 3 x mentoring sessions held between tuakana and teina (1 - 2 hours long each)
- Tuakana supporting Teina to create a plan for using their own \$150 budget, for a personal project of their choosing
- A retreat exclusively for the young women who completed their mentoring sessions and the tuakana with a focus on celebration, pampering, reflection and forward thinking. With a main day having other young women from Tāmaki join us and guest speaker Marama Davidson alongside Tara Moala (Managing Director of Rākau Tautoko) and other prominent tuakana wāhine leaders from Tāmaki.

TUAKANA-TEINA CONCEPT

Mā te Tuakana kā tōtika te Tēina. Ma te Tēina kā tōtika te Tuakana.

From the older sibling the younger one learns the right way to do things, and from the younger sibling the older one learns to be tolerant.

Tuakana-Teina refers to the relationship between an older or more experienced person (tuakana) who helps or guides a younger or less experienced person (teina)

In a learning environment this recognises the value of ako - reciprocal learning - this means the tuakana-teina roles may be reversed at any time. This concept is an integral part of Te Ao Māori, and foundation of our Ngā Kāhano Series.

Within teaching and learning contexts, this can take a variety of forms, for this setting:

- Older to younger – the Tuakana has the knowledge and content to pass on to the Teina.
- Younger to older – the Teina has some skills in an area that the Tuakana does not and is able to teach the Tuakana.



INTRODUCING OUR TUAKANA

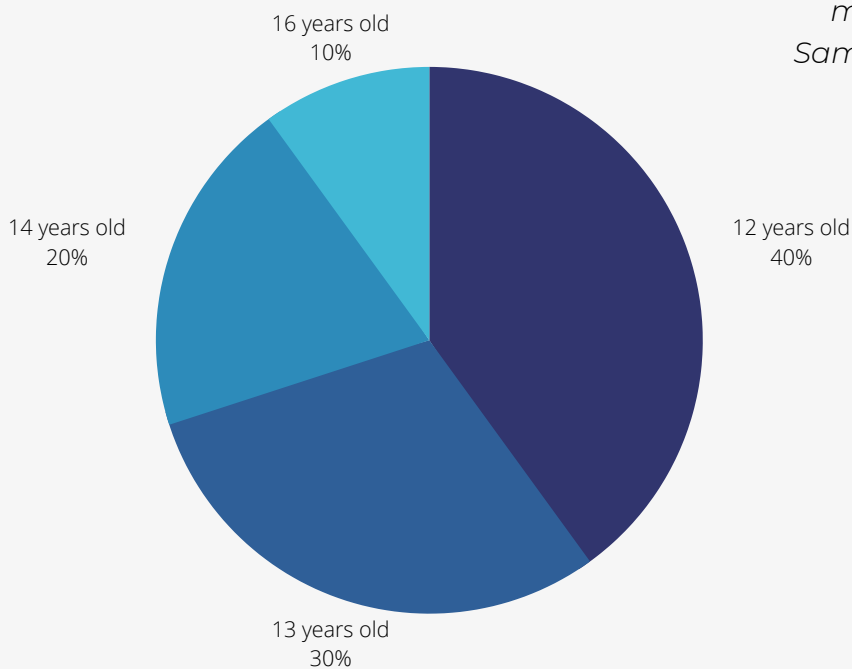
We recruited 12 x tuakana of local, mana wāhine who were willing to give their time and energy to the programme. Many of these women work locally within the social sector and have experience working with youth.

- After completing an induction programme run by Ren, these tuakana agreed to sign up
- Police vets were completed for all tuakana involved
- Tuakana were paired with a teina to mentor
- Tuakana met with teina for 3 x mentoring sessions, these were structured sessions that were designed to grow their relationship and develop the teina.



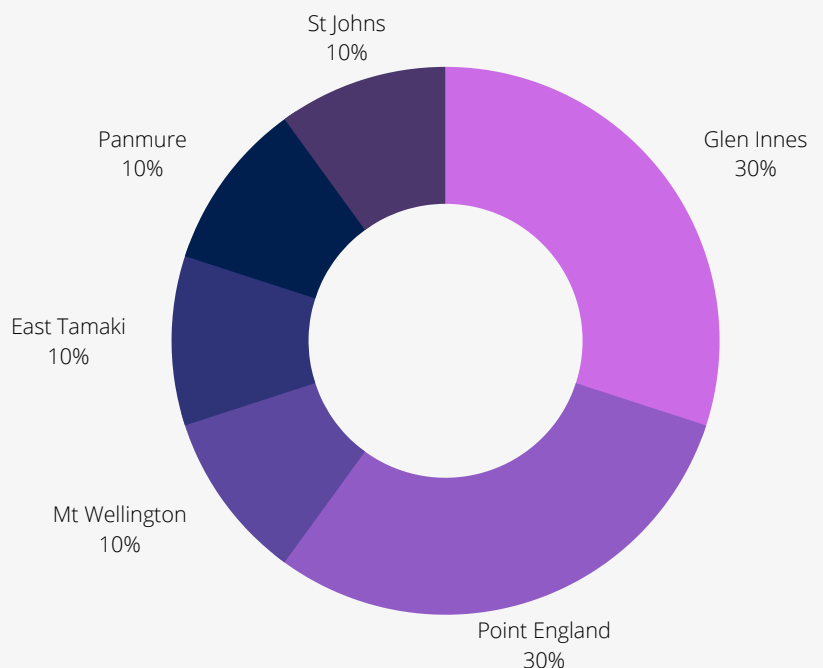
TEINA

*"They're really receptive to encouragement from tuakana and *Mum would really love to have mentors for them - Dad's gone to Samoa to support his family there, not sure when he's coming back."*
- Referrer of two sisters.



We recruited young women from Tāmaki, Maungakiekie or Riverside from 12-16 years of age. These girls were referred to us by their own parents, social workers, friends and family.

All of the teina were identified as young women who would benefit from the programme and some were past Phenomenal Young Women participants.



"A great girl who would really grow in confidence with some mentoring."
- Social worker referring a young women

MENTORING SESSIONS

Popoia te kākano, kia pūawai ai. Nurture the seed so it will blossom.

Our 3 mentoring sessions were designed to make the most of the time we had with the girls and encourage them to think outside the square.

- The **first session** focused on **whānaungatanga**, getting to know each other and ourselves better. Looking at our strengths, our learning edges and what we've learnt in life up until now.
- The **second sessions** focused on understanding the concept of Sir Mason Durie's; Te Whare Tapa Whā and how we can best care for ourselves in different aspects of our life.
- The **third and final session** focused on creating plans for the future. The teina was asked to decide on a **personal project** which will help them towards a goal they have set for themselves. They were given a budget of \$150 to spend on something for that project.



"She's a bright young lady, just needs guidance. She takes her time while answering the questions and thinks about her answer, she's open and honest and felt comfortable near the end to ask me questions about my life and experiences."

TE WHARE TAPA WHĀ

This was created by Sir Mason Durie, for the health profession to understand a Te Ao Māori view of health and wellbeing.

Te Whare Tapa Whā is a Māori model of health and wellbeing. It is a metaphor based on the four pillars of a wharenui (meeting house). Our connection with the whenua (land) forms the foundation.

When we look after all four aspects, we look after our hauora (wellbeing) and we thrive. When one or more of these is out of balance our wellbeing is impacted.

Te Whare Tapa Wha was a concept we used throughout our sessions.



PHOTOS AND FEEDBACK



"She also came today and told me that she did her homework I set and gave her. She knows her pepeha and also knows where her Mum comes from. Today she was more talkative than usual and contributed a lot more."

"I sense a small growth in maturity coming from her, she likes to tell me about her friends and their dramas. When I ask how she felt or what she did, I feel like she's open and honest, she'll tell me if she got upset or angry... I'll ask her what she did after feeling those emotions and she said she likes to go for a walk or listen to songs off her dads phone or use her chromebook. She has a lot of potential to do well she just needs good support systems in place with consistency."



"She's very aware of her emotions and mental well-being. She knows what words/behaviour/energy sets her off and makes her feel angry, upset, and also knows what words, thoughts, actions make her feel good too. Whare tapa wha as a whole was a bit overwhelming for her but then we discussed the movie 'Inside Out' and how each emotion represented each colour in the movie. She was able to compare and make the connection to Whare tapa wha."



"We identified that in terms of taha wairua, she enjoys being outside in open air, she's at peace with just existing outside."

"We discovered some similar mindsets and beliefs and where we were different and how we might support each other in the coming sessions. She is a very bright and confident young wahine who is very reflective and growth orientated. I think she is a high achiever and will get a lot out of these sessions."

PHOTOS AND FEEDBACK

"Given the relationship with my Teina from the week before we were both able to open up. Te Whare tapa Wha allowed us both to be open, learn new things and create a conversation around what is important to both of us and how to work on them ♥."

"...shared with her how I didn't like school but now I'm in my final year of uni. Chasing passions was the kōrero. We both are excited for the next session going forward."

"I asked her what are some things she can do to help with her emotions, she listed down writing in her diary, going for a walk and sleeping makes her feel better. I told her to try those things this week and then tell me about it the next time we meet."

"She is a deep thinker and is quite reflective. She really aspires to fill her world with things that matter to her. She has big dreams and is a confident young woman with a good family support system, who I think will achieve a lot!"



"Loved the dreaming about the future and really got excited about what it looks like going forward ♥. Both were encouraged of the growth x loved the aspect of the knowledge from Te Whare tapa Wha and the growth we have taken in terms of acknowledging self care & Journaling"



"The session was really positive. I think she opened up during the session and enjoyed having an adult listen and take an interest in her and her life."

"She was very clear about how she behaves at school. She gets into a lot of fights and is on her last strike at Tāmaki College. She did say that one of the reasons to why she fights all the time is to "protect her reputation", I'd love to explore with her more about her identity and look at ways that are mana-enhancing."



2022 RETREAT - MURIWAI

1st - 3rd July 2022

During the first weekend of July 2022, we held our Phenomenal Young Women Retreat in Muriwai. We had both teina and tuakana attend and stayed at The Muriwai Surf Club which is inside the Muriwai Regional Park on the west coast of Auckland.

Retreat Schedule	
Friday	
5.30pm	Arrive and settle in
	Icebreaker games
	Tour of venue
	Health and Safety
6:00 PM	Dinner and dessert
7:00 PM	Group challenges and team building
7.45pm	Showers
8.15pm	Reflection and journalling
8.45pm	Movie
10.15pm	Debrief kōrero

2022 RETREAT - MURIWAI CONT.

Saturday	
7:00 AM	Wake up, breakfast, jobs etc
8:00 AM	Beach walk - Brief for the day, Who is Marama Davidson?, Journalling - goals for the day
9.30am	Morning tea and free time
10:00 AM	Circle kōrero with Marama - discussion about leadership
	- Investing in ourselves
	- What does it take to be a leader
	- Her journey as a young female brown leader
	- Everyone asking questions and sharing their stories
12:00 PM	Lunch
1.30pm	Group circle kōrero
	Activity - Creating Dream/Vision Boards
3:00 PM	Afternoon tea and free time
4:00 PM	Personal project presentations by teina
4.30pm	Teina prizegiving
5:00 PM	Showers and dinner
6.30pm	Pamper Night!
8:00 PM	Movie
9.30pm	Group reflection
Sunday	
7:00 AM	Wake up, breakfast and clean up
8.30am	Reflections / sharing / thanks / goodbyes
	Closing round - Favourite thing, something I've learnt about myself, admired about others in the group, favourite part of the weekend.
9.30am	Leave for home

PHOTOS



PHOTOS



RETREAT ACTIVITIES



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BUDGET BREAKDOWN

Phenomenal Young Women Budget	
Income	
Auckland Council - MT Local Board	\$15,086.33
Total Income:	\$15,086.33
Expenses	
Ngā Kakano Series	
Project Management	\$7,453.34
Tuakana Koha	\$1,620.00
Session Spending	\$810.00
Teina Personal Project	\$1,350.00
Printing	\$126.61
Retreat - Muriwai	
Petrol	\$470.00
Koha to Marama Davidson	\$158.26
Koha for retreat planning	\$270.00
Payment to lead facilitator	\$650.00
Koha to tuakana for retreat facilitation	\$400.00
Accommodation	\$600.00
Kai	\$540.00
Resources/Activity cost	\$172.68
Gift packs (Teina)	\$250.00
Gift packs (Tuakana)	\$180.00
TOTAL EXPENSES	\$15,050.89

*Please note Rākau Tautoko donated their admin fee

OUTCOMES

The outcomes from this programme have been very positive. Teina have gained self confidence and understanding what self care is and ways for them to do this. They have learnt to acknowledge their strengths and be aware of their own wellbeing, including different ways of looking after themselves. Nurturing leadership qualities they already have and learning how to express themselves with others.

There have been many comments from the Tuakana that they too learnt from their Teina while on their sessions. Learning about self love and looking after their own wellbeing as well as how to communicate effectively with each other.

"Loved the dreaming about the future and really got excited about what it looks like going forward ♥. Both were encouraged of the growth x loved the aspect of the knowledge from Te Whare Tapa Wha and the growth we have taken in terms of acknowledging self care & journaling x"

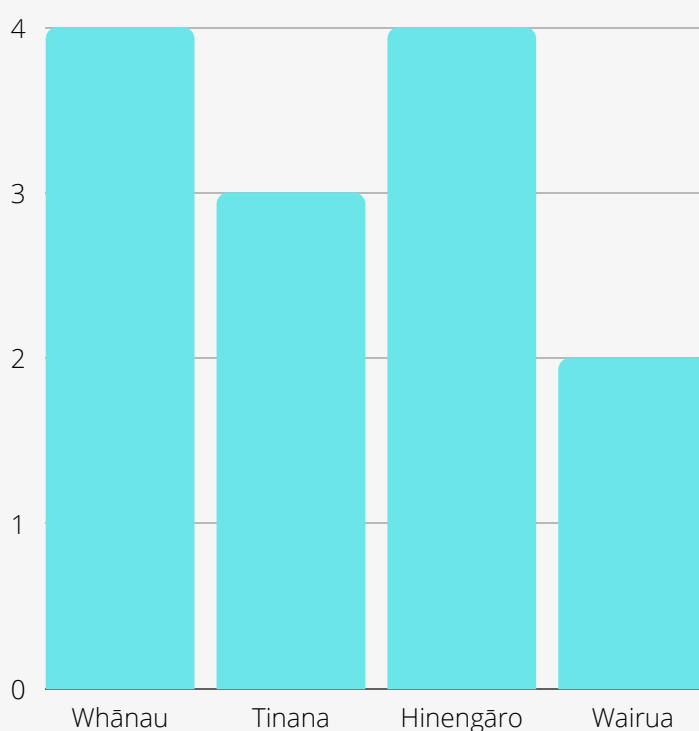
Some notable things the teina shared that they learnt while on the retreat are; to speak up for themselves, and you can have fun with people outside of your friends circle that you don't know. Everyone showed leadership and initiative; helping out with the daily chores without any problems and working as a team.

Personal Projects

The young women are continuing on and now completing their own personal projects that they identified with their Tuakana. These projects help them towards a goal they have set for themselves. These projects are a wide range of things, each personally relevant for each girl.

They include doing something with their whānau for quality time, buying sporting supplies so they can better achieve at their chosen sport, attending a camp, creating artwork for loved ones, learning their cultures language, registering for a talent/acting agency, doing something for themselves that will help build their own confidence and self worth and purchasing things that will help them when studying.

Which taha each personal project sits within



Session Plans

- Session One
- Session Two
- Session Three

Social Media Posts

- Instagram posts: photo
slideshow, video montage and
photo montage
- Facebook tuakana introduction
posts: tahi, rua and toru
- Facebook post on session
photos

FINAL WORD

Thank you to the Maungakiekie-Tāmaki Local Board and Auckland Council for funding to carry out this work.

To the Tuakana involved, giving up their time, energy and expertise - without mana wāhine like you, this project could not have happened, and would not be the success that it was.

To the Teina and their families for trusting us and the process and for being open, honest and fun.

To Marama Davidson for coming to our retreat and sharing your wisdom - a highlight for many!

To all of the local leaders that came to our Saturday event at the retreat, bringing with them local young wāhine to join in the day.

This project was a huge success, impacting positively many young wāhine within the local community. Enhancing wellbeing and building the confidence of our young women is so important for future generations and we are excited to see our up and coming leaders of Maungakiekie-Tāmaki.

We can't wait to connect with you all again soon!

