



FLOURISHING
MINDSETS



Te Kōwhai Ka Ngaora

*Poipoia te kakano kia puawai
Nurture the seed and it will flourish*



THE CENTRE FOR
HEALTH

The logo is a stylized, light green circular emblem on the left side of the page. It features a central vertical line with symmetrical, swirling patterns on either side, resembling a stylized tree or a traditional Māori koru design. The background of the entire page is a teal color with a faint, scenic image of a beach and ocean on the right side.

Reconnecting people to purpose, strength, and the capacity to flourish

Te Kōwhai Ka Ngaora is a transformative, strength-based initiative grounded in Te Ao Māori and accessible for people with diverse worldviews. The intent of the programme is to support people to reconnect with purpose, to remember that life has meaning, that we all have something to contribute, and that we are not confined by past experiences, trauma, or circumstance. Rooted in the ultimate aspiration for health – flourishing – Te Kōwhai Ka Ngaora empowers people to move beyond coping, and toward thriving, by recognising and nurturing their inherent strengths, values, and potential.

Through interactive workshops and reflective practices, participants explore how to reframe their thinking, cultivate resilience, and inspire positive change in themselves, their whānau, and communities. This programme is a catalyst for holistic transformation.

Te Kōwhai Ka Ngaora offers a flexible delivery model, allowing you to choose a structure that best suits your needs. To find out how the programme could work for your community, please get in touch with us at The Centre for Health.

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Te Ara Hōtaka

– a two day wānanga experience –

Session 1: Te Timatanga

- Whakawhanaungatanga / The importance of connections

Session 2: He Tirohanga o te Ao

- Worldviews

Session 3: Pito Mata

- Accessing Potential
- Mindsets and Intentions

Session 4: Ko Rangiātea ki waho, Ko Papaātea ki roto

- Psychoneuroendocrinology
- Healing Trauma

Session 5: Whakapapa

- Epigenetics
- Intergenerational Impact

Session 6: He Āhuru Mōwai

- Nurturing Environments

Ngā Wheako o te Hunga Whai Wāhi *– Testimonials –*

"Flourishing Mindsets was a critical investment in deepening our team's collective capacity to hold space for sensitive and often taumaha kōrero related to violence and healing.

This invaluable opportunity enabled us to prioritise wellbeing and hauora, not as peripheral supports, but as essential infrastructure underpinning our work"

Dr Claire Murphy

Auckland University of Technology – Atawhai Research Team

"The wānanga created a feeling of safety within the space where we were able to interact with each other and share our kōrero. When attending other workshops or conferences, there hasn't been a lot of time to process and reflect in the moment. Flourishing Mindsets allowed me to sit in each moment without feeling pushed into the next. I was able to process, reflect and make decisions that I had been struggling to make at that time. The flow over both days felt really natural and having the day in between really helped."

Anonymous Ringatoi & Kaiako

"Being part of the Flourishing Mindsets has been a really positive experience for me. It has helped me better understand trauma and given me practical tools to build healthier ways of thinking. One of the most valuable things I've gained is finding my voice. I feel more confident communicating and better able to navigate my own negative thoughts. These skills have helped me to feel less overwhelmed, less overstimulated, and better able to manage stress."

Anonymous Ringatoi & Kaiawhina

Tō mātou hononga

– Our connection to this kaupapa –

Dr Anna Rolleston

I descend from Tauranga Moana and believe we all carry what we need to flourish, we just need the right spaces to reconnect. Te Kōwhai Ka Ngaora grew from years walking alongside whānau who felt disconnected from systems meant to support them. As a researcher and practitioner, I hold space in wānanga for people to shift, remember, and rise. My role is to uphold the kaupapa and quietly back whānau as they reclaim their own power.



Stu McDonald

I am a mahi toi practitioner and educator grounded in tikanga and whakapapa. Through toi Māori, I support others to reclaim stories, strengthen resilience, and reconnect with identity and taiao. Drawing from life on our papakāinga and my creative practice, I hold intuitive, relational spaces centred on the body as a site of knowing and transformation. Through moko, movement, and kōrero, I help people reconnect with their inner strength.





Dr Marama McDonald

I am a researcher committed to Māori wellbeing, education, and whānau transformation. For over twenty years, I've worked on kaupapa focussed on restoring holistic wellbeing, connection, and self-determination.

My research weaves mental health and cultural renewal to support people to flourish on their own terms.

Living on our papakāinga, I draw strength from whakapapa, whenua, and whānau, and believe in the power of wānanga and collective healing.



Wiremu Matthews

I descend from Tauranga Moana and believe we already hold what we need to flourish. Te Kōwhai Ka Ngaora creates safe spaces for reflection, renewal, and meaningful change. With a background in behaviour change, wellbeing, and kaupapa Māori approaches, I guide transformation with care and curiosity, helping people release what no longer serves, remember who they are, and step forward with clarity and confidence.



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