

Te Kōwhai Ka Ngaora

poipoia te kakano kia puarwai

nurture the seed and it will flourish



THE CENTRE FOR
HEALTH



**Flourishing
Mindsets**

Te Kōwhai Ka Ngaora

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.

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.”

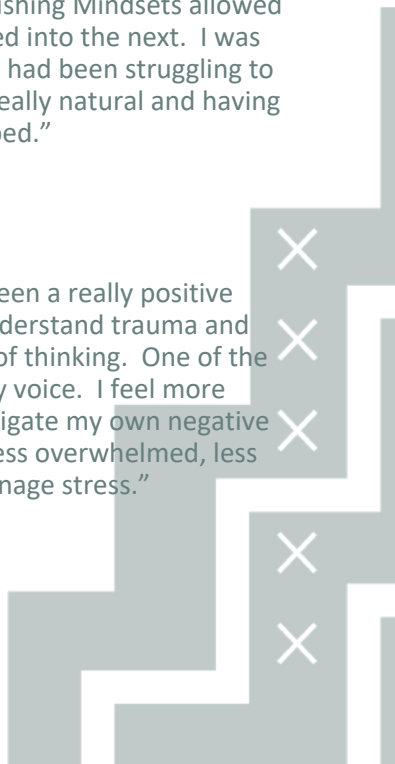
Anonymous

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



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

- Psychoendocrinology
- Healing Trauma

Session 5: Whakapapa

- Epigenetics
- Intergenerational Impact

Session 6: He Āhuru Mōwai

- Nurturing Environments



Tō mātou hononga - Our connection to this kaupapa

Dr Anna Rolleston

I descend from the people and places of Tauranga Moana. My work is grounded in a belief that we all have everything we need within us to flourish, we just need spaces that allow us to reconnect.

Te Kōwhai Ka Ngaora was born out of many years walking alongside whānau who felt disconnected from the systems meant to support them. I come to this mahi not just as a researcher and practitioner, but as someone who has seen the impact of healing journeys. In wānanga, I help hold space where people feel safe enough to shift, to remember, and to rise.

My role is to walk beside people, upholding the integrity of the kaupapa, protecting the process, and quietly backing whānau as they remember their own power.

Stu McDonald

I am a mahi toi practitioner and educator and my work is deeply rooted in tikanga and whakapapa, honouring the sacred relationship between identity and the taiao. Through toi Māori, I support others to reclaim stories, reawaken resilience, and embody connection.

As a facilitator I draw on my lived experience on our papakainga and my extensive creative practice to hold space that is both powerful and grounded. My approach is intuitive and relational, supporting people to reconnect with their papaātea, where deeper awareness of our inner world restores balance, supports wellbeing, and ignites the creative life force.

Dr Marama McDonald

I'm a researcher and holistic thinker with a deep commitment to Māori wellbeing, education, and whānau transformation. Working alongside my whānau, I support individuals, communities, and organisations to move along pathways that restore balance, nurture connection, and affirm self-determination.

My research explores how mental health and cultural renewal can be woven together to support people to flourish, on their own terms, in their own rhythms.

Living on our papakāinga, I draw daily from the strength of whānau and the environment to shape how I show up in this mahi. I believe in the power of wānanga, story, and collective healing to help us return to ourselves.

Wiremu Matthews

I come from the people and whenua of Tauranga Moana. Years of study, personal experience, and working 1:1 with people has strengthened my belief that we have all we need to flourish, both individually and collectively.

Te Kōwhai Ka Ngaora is our way of providing the safe environment that allows people to reflect, realign, and renew — while at the same time stretching and enabling people to shift patterns of thinking and feeling, and change the way they experience life.

My background is in behaviour change, individual and collective wellbeing, and kaupapa Māori approaches — but more importantly, I bring care, curiosity, and commitment.

My role is to guide, listen, and support transformation — helping us let go of what no longer serves, to remember who we are, and step forward with clarity and confidence.



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