

Resource 2

Te Whare Tapa Whā Worksheet

How could your hauora impact on each dimension of your career (and vice-versa)?

Taha Wairua spiritual wellbeing	Taha Whānau relationships, sense of belonging
Taha Hinengaro mental wellbeing	Taha Tinana physical wellbeing

Resource 3

Description of Te Whare Tapa Whā

Based on Dr Mason Durie's hauora/wellbeing model



Taha Hinengaro

Mental Wellbeing

Taha hinengaro is your mind, heart, conscience, thoughts, and feelings. It's about how you feel, as well as how you communicate and think. When your taha hinengaro is strong, you can better cope with the ups and downs of life. You can express your feelings and reach out for support from friends, whānau and hoamahi/ colleagues if you need to.

Taha Whānau

Social Wellbeing

Taha whānau is about who makes you feel you belong, who you care about and who you share your life with. Whānau is about extended relationships – not just your immediate relatives, it's your friends, colleagues, your community, and the people who you care about

Taha Tinana

Physical Wellbeing

Taha tinana is your physical wellbeing. It is about how your body grows, feels, and moves and how you care for it. Trying to nourish and strengthen your physical well-being will help you to cope with the ups and downs of life.

Taha Wairua

Spiritual Wellbeing

Taha wairua explores your relationship with the environment, people, and heritage in the past, present and future. Your spiritual essence is your life force – your mauri. This is who and what you are, where you have come from and where you are going. The way people view wairua can be very different. For some, wairua is the capacity for faith or religious beliefs or having a belief in a higher power. Others may describe wairua as an internal connection to the universe.

Resource 4

Career Hauora & Te Whare Tapa Whā



Hauora impacts every part of life – including career.
Different aspects of career also impact on hauora.

Taha Hinengaro

Mental Wellbeing

The spillover of emotions, stressors, perceived failures, and successes impacts on overall mental wellbeing. Positive hinengaro is transferred to career, and different aspects of career impacts on hinengaro.

Taha Whānau

Social Wellbeing

Your career often dictates how you spend most of your day and who you spend it with. When aspects of career are going well this can positively affect relationships at home. Equally home life and whānau have a big influence on career, including career choices.

Taha Tinana

Physical Wellbeing

Rest and nutrition contribute to energy and concentration levels. This has direct impact on performance and when well-managed reduces the likelihood of mistakes and accidents. Physical strength or fitness is a requirement for many jobs. A drug-free and healthy body is important for opening career doors.

Taha Wairua

Spiritual Wellbeing

Whether a student, a caregiver, a paid worker, or volunteer – a reason to get out of bed in the morning gives purpose. Employment status has been strongly linked to health and wellbeing outcomes.

Whenua

Connection to land, roots, identity

Research shows strong links between identity, career, and wellbeing. Many people disconnected to their whenua find their place and identity through their work. Others deeply connected to their whenua find ways to enrich, give back or manāki their whenua, whakapapa and whānau through their work.