

# SPORT WAITĀKERE

## MANA TAIOHI ACTION PLAN 2023 - 24 GOALS!

### VISION

Everyone connected healthy and active.

### PURPOSE

We help people lead better lives.

### PROJECT OVERVIEW

Sport NZ partnered with Aotearoa New Zealand's youth development peak body, Ara Taiohi to use their 'Mana Taiohi' framework as a foundation for the Active Recreation for Rangatahi Plan. The purpose of incorporating Mana Taiohi at Sport Waitākere is to ensure rangatahi engagement and participation in sport and active recreation is a **mana enhancing experience**.

### SUCCESS WILL LOOK LIKE

Success for Sport Waitākere will incorporate mana enhancing experiences in sport, active recreation & play. By building internal and external capability, gaining and utilising rangatahi voice, and developing rangatahi as leaders within their community. Ultimately, success will look like Mana Taiohi embedded into strategies and plans for rangatahi at Sport Waitākere.

### SPORT WAITAKERE STRENGTHS

- Established capability rōpū & Sport Waitākere Impact Strategy 2043.
- Sport Waitākere is committed to continuing to develop authentic relationships with Māori. This will enable us to understand and respond to the needs and aspirations of our Māori communities.
- Prioritisation of whanaungatanga, karakia, & waiata practices.

### OUR APPROACH

- Championing social innovation and systems change.
- Leading and back-boning collaborations.
- Supporting community led approaches.
- Building capability and leaders of our community. Prioritising communities experiencing inequality.
- Influencing investment, planning and regulation.
- Building capability in & prioritising mātauranga māori approaches.

### BUILD INTERNAL CAPABILITY

#### Goals:

- Sport Waitākere to understand what Mana Taiohi is, why it's important, and how it already crossovers with what we do.
- Sport Waitākere embodies the principle's and values of Mana Taiohi when engaging and co-creating with rangatahi.
- Learn & understand opening & closing karakia + bless the kai.
- Whanaungatanga embedded in Sport Waitākere.
- Use of pepeha.

#### How:

- Mana Taiohi office PD
- Community Sport & Recreation team meeting Mana Taiohi values hui. A space for the team to continue the wānanga of these kupu (what do they mean, how does this fit within my mahi, personal āo).
- Prioritise whanaungatanga Thursday's - *Thursdays once a month*.
- Everyone supported to start meetings with karakia / understand the meaning behind karakia and when/where it's appropriate - *gam each morning*.
- Kapa Haka & waiata practice - *Thursdays gam*.
- Whakatau for new staff members joining Sport Waitākere.

#### Resources:

- Establish Teams kete of whakamaramatanga where we can find learnt karakia.
- Establish Teams kete of whanaungatanga building ice breakers and games that can be modified for different groups.
- Establish Teams folder of Mana Taiohi PD videos & resources.

MANA, MAURI, HONONGA, WHAKAPAPA,  
WHANAUNGATANGA

### BUILD EXTERNAL CAPABILITY

#### Goals:

- Sport Waitākere to support external organisations to understand what Mana Taiohi is, why it's important, and how it already crossovers with what they do.
- Promote Mana Taiohi to active recreational providers, schools, and sport clubs.
- Organisations to embed a Mana Taiohi lens to projects & programmes for rangatahi.
- Organisations co-design & collaborate with rangatahi when establishing projects and programmes.

#### How:

- Establish a Auckland based networking rōpū to provide collaborative opportunities for a range of locally-led active recreation & youth development organizations to come together, connect, and be supported to continue to have a positive impact on rangatahi and communities through physical activity - *Auckland based Active Rec advisors project*.
- Embed Mana Taiohi as a framework for networking rōpū.
- Support organisations to embed Mana Taiohi principles & rangatahi voice in Tū Manawa funded projects & programmes.
- Provide Mana Taiohi PD to active recreational providers, schools, and sport clubs.

#### Resources:

- Create & share kete of whanaungatanga building ice breakers and games that can be modified for different groups with organisations.
- Promote & share Mana Taiohi PD videos & resources.
- Create & share resources on how active rec organisations can incorporate Mana Taiohi as a framework.

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HONONGA, WHAKAPAPA,  
WHANAUNGATANGA

### RANGATAHI VOICE

#### Goals:

- Utilise Mana Taiohi Principles as a lens for when co-creating and engaging with rangatahi.
- Support programmes and initiatives with rangatahi leadership opportunities.
- Ensure there is a inclusive and safe environment for the rangatahi you work alongside.
- Prioritise Tū Manawa projects & programmes that have been co-designed / co-created with rangatahi.
- Ensure engagement with rangatahi allows for authentic whai wāhitanga, is mana enhancing, and is rangatahi driven.
- Rangatahi voice is at the centre of the mahi we do.

#### How:

- Consider the appropriate forms of engagement for our communities and rangatahi (wants, needs, connections, relationships, and culturally responsiveness).
- Establish & work alongside a 'Rangatahi Rōpū' to gain rangatahi voice, co-create, and develop further leadership opportunities for rangatahi.
- Promote & support organisations to utilise and gain rangatahi voice.
- Have rangatahi inform us on how they want to be engaged with and what goes in the Teams kete as discussed below.

#### Resources:

- Create a Teams kete with Co-design resources, delivery run sheets, whanaungatanga building ice breakers and games that can be modified for different groups.
- Establish what 'good practice' with rangatahi looks like.

MANA TAIOHI IN ITS ENTIRETY

### RANGATAHI LEADERSHIP

#### Goals:

- Provide opportunities for rangatahi on decision making panels.
- View Rangatahi as stakeholders and value their expertise.
- Recruit Rangatahi within Sport Waitākere.
- Rangatahi lead projects & programmes for rangatahi back-boned by Sport Waitākere.
- Prioritise and support organisations to engage rangatahi in leadership opportunities.

#### How:

- Include Rangatahi on the Tū Manawa Fast Fund decision making panel.
- Establish & work alongside a 'Rangatahi Rōpū' to gain rangatahi voice, co-create, and develop further leadership opportunities for rangatahi.
- Employ & provide Rangatahi within Sport Waitākere with opportunities to lead projects and programmes (Wellbeing Activator, Active Wakapapa, Rangatahi Rōpū, Māori Leadership Development programme).
- Host events to build & develop leadership capability in rangatahi (Future Leadership Day, MAP Games, MORE HERE).
- Share images, video footage, data, & insights gathered from rangatahi. Share content with rangatahi first & gain consent before sharing.

#### Resources:

- Case study of one rangatahi leadership programme that showcases Mana Taiohi principles in action.

EMBED MANA TAIOHI  
INTO STRATEGIES/  
PLANS FOR  
RANGATAHI.

MANA TAIOHI IN ITS ENTIRETY

# SPORT WAITĀKERE

## MANA TAIIOHI REPORT & OUTCOMES 2023-2024.

### VISION

Everyone connected healthy and active.

### PURPOSE

We help people lead better lives.

#### Strengths and impact of the Mana Taiohi kaupapa

Mana Taiohi and being apart of the Champions kaupapa has hugely influential to our journey in championing youth development. There has been a shift to focus on empowering taiohi to be leaders in their communities with a lens of equity targeting taiohi often not given the same opportunities. Ensuring that projects and programmes prioritize the wants and needs of taiohi has become a fundamental aspect to the work we do, and be seen across a broad variety of projects. Mana Taiohi has provided us with frameworks and resources to better understand the needs and aspirations of youth. It has helped us recognize the importance of youth voice and participation in decision-making processes.

Being a part of the Champions Kaupapa has connected us with a network of like-minded individuals and organizations who are also committed to supporting youth development. This network has provided us with opportunities for collaboration, learning, and sharing best practices. Through the Champions Kaupapa, we have been able to access personal development opportunities, and other resources that have strengthened our capacity to engage with and support young people effectively.

Overall, Mana Taiohi and the Champions Kaupapa have been instrumental in shaping our approach to youth development and have enabled us to better serve the needs of young people in our community. They have provided us with the tools, knowledge, and support necessary to be effective champions for youth empowerment and positive change.

#### Resources created as a result of Mana Taiohi

- Teams kete of whakamaramatanga where we can find learnt karakia.
- Teams kete of whanaungatanga building ice breakers and games that can be modified for different groups.
- Teams folder of Mana Taiohi PD videos & resources
- Create a Teams kete with Co-design resources, delivery run sheets,

### BUILD INTERNAL CAPABILITY

Having seen the value, from participating in Mana Taiohi training in 2022, we embedded the principles into our organisation through the Mana Taiohi Champions kaupapa. From here, a 2023/2024 action plan was created and implemented as seen above. The Mana Taiohi principles have influenced how we work alongside and serve rangatahi through a shared file of co-design resources and whanaungatanga building ice breakers and games. An understanding of the principles and framework also influenced how and why we work with different rangatahi, in which the principles can be implemented & activated in different programmes.

Alongside Mana Taiohi a Māori Outcomes Advisor enhanced cultural inclusivity and responsiveness within the organisation. As a result, Māori perspectives, values, and practices were embedded into programme development and delivery ensuring a mana enhancing experience for all taiohi.

#### **Outcomes:**

- In-house te reo Māori classes, with separate classes tailored to reflect people's different levels of existing te reo ability
- Routine cultural practices: daily karakia, waiata practice, mihi whakatau, etc
- A series of complementary activities, both regular and one-off, including SW Thursday Tikanga practices, cultural days celebrating Te Reo and Pacific languages, and events like the Pure ceremony and end year hākari for language groups.
- Increased knowledge and understanding of Mana Taiohi principles and framework which has been notably embedded in rangatahi based projects.
- Established Teams kete of whakamaramatanga where we can find learnt karakia.

MANA, MAURI, HONONGA, WHAKAPAPA,  
WHANAUNGATANGA

### BUILD EXTERNAL CAPABILITY

By utilizing the Mana Taiohi framework Sport Waitākere has aimed to assist external organizations in comprehending the significance of Mana Taiohi, its relevance, and its alignment with their existing initiatives. In order to work alongside West Auckland providers more effectively, Sport Waitakere developed the '*Taiohi Collective Hui*' in which aimed to raise awareness of Mana Taiohi among active recreational providers, schools, and sports clubs. Encourage organizations to incorporate a Mana Taiohi perspective into projects and programs tailored for rangatahi and Foster collaborative efforts between organizations and rangatahi in the co-creation and implementation of projects and programs.

#### **Outcomes:**

- As a result of the Taiohi Collective Hui, Sport Waitakere have developed collaborative relationships with providers influencing organisations to develop mana enhancing programmes with the voices of rangatahi at the centre of what they do.
- We have influenced senior leadership and teachers to collect student voice in regards to physical activity and play opportunities.
- Have influenced senior leadership and teachers to consider 'non-traditional' physical activity opportunities in schools.
- Hosting annual principal PD events for HAL schools 'Active Minds, Active School'..
- Supported / lead the Weet bix Try Challenge for kāhui māori in which was adopted to deliver bi-lingually.
- Taonga Tākaro workshops based on Te Ao Māori creating a sense of belonging for Māori tamariki in West Auckland.

TE AO, MĀTAURANGA, MANA, MAURI,  
HONONGA, WHAKAPAPA,  
WHANAUNGATANGA

### RANGATAHI VOICE

We have implemented Mana Taiohi Principles as a guiding framework for co-creating and engaging with rangatahi. As a result, we have prioritized Tū Manawa projects and programs that have been co-designed or co-created with rangatahi. By utilizing Mana Taiohi principles we have ensured that our involvement with rangatahi nurtures genuine whai wāhitanga, boosts mana, and is led by the rangatahi themselves. Keeping the voice of rangatahi at the forefront, it continues to shape our mahi in this space.

#### **Outcomes:**

- Sport Waitākere have developed connections with local West Auckland boards to amplify voices of rangatahi. Due to this, the wants and needs of rangatahi in our communities are heard and considered in board decisions.
- When working with schools we have ensured to utilise tamariki voice to drive ideations and support Tū Manawa applications.
- Project impact and evaluation has been measured for initiatives such as 'Kāhi Kai Māra'.
- When working with funding in schools we have developed student groups who will be directly impacted by decisions made. This has been shown in the Girl's Play & Active Rec, and Tāngata Whaikaha physical and neurodiverse classes led by Healthy Active Learning.
- Have utilised the Mana Taiohi principles, Te Ao Māori worldviews, and the Maramataka as a foundation to co-create a wellbeing through active recreation programme for rangatahi.

MANA TAIIOHI IN ITS ENTIRETY

### RANGATAHI LEADERSHIP

Sport Waitākere have created more opportunities to support rangatahi in West Auckland to build leadership capability. This has involved understanding how rangatahi view leadership and what it looks like within their communities. By incorporating Mana taiohi principles we have ensured leadership development opportunities for rangatahi are mana enhancing and tailored specifically to the wants and needs of rangatahi themselves.

#### **Outcomes:**

- Sport Waitākere created a Rangatahi board to influence decisions for Tū Manawa Local Funding decisions. Local rangatahi are viewed as valued stakeholders and give voice to what is relevant to young people.
- Presented student voice (by taiohi) to community organisations at Hui Hub. Local community heard first hand about what is important for young people.
- We have employed Rangatahi within Sport Waitākere with opportunities to lead projects and programmes such as Active Wakapapa, Physical Activity & Wellbeing Activator role, and have supported students with placements and mentoring opportunities. Active Wakapapa leads have also received training from Adventure Works to further their development.
- 'Leadership Through Sport' event hosted in collaboration with Aftermatch supported māori and pasifika students from West Auckland secondary schools to become more equipped future leaders within sport.

MANA TAIIOHI IN ITS ENTIRETY

## MANA TAIOHI REPORT & OUTCOMES 2023-2024.

### INSPIRED BY MANA TAIOHI

#### Taiohi Collective Hui

We heard from active recreation providers and organisations that there was a need for a networking group where collaborative relationships could be formed and further PD could be provided. As a result, the Taiohi Collective Hui was inacted. We learnt where there are gaps and opportunities for impact and are working with these providers to deliver mana enhancing experiences for rangatahi through the Mana Taiohi framework. We also learnt, that Active Recreation providers frequently extend their services beyond West Auckland to serve the broader Auckland community. As a result, the collective's reach has been expanded to encompass Auckland as a whole region. Given the growth and success of the West Auckland collective, Aktive is now leading Taiohi Collective Hui supported by Active Recreation Advisors from Auckland Regional Sports Trusts (RSTs), ensuring comprehensive representation and collaboration. This expansion has facilitated greater inclusivity and cooperation among stakeholders, fostering a more unified approach towards enhancing the well-being of rangatahi through active recreation initiatives across the region. implementing Mana Taiohi principles as a guiding framework to foster meaningful engagement with providers and empower them to co-design programs aligned with the voices of rangatahi. This approach has proven instrumental in influencing positive change and driving collaborative efforts towards enhancing the well-being of rangatahi across Auckland.

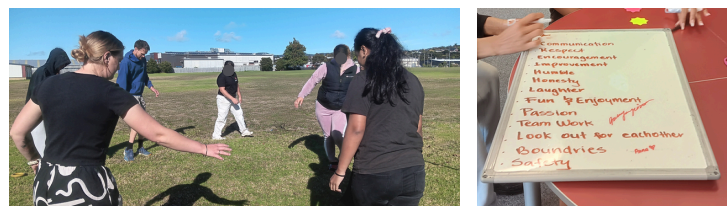


Moving forward, we would like to continue developing connections with active recreation providers who embody Mana Taiohi as a framework for youth development, and exploring how active recreation can be utilised as a vehicle for Hauora.

#### Wellbeing through Maramataka & Active Recreation

As of 2024, we have pivoted our focus towards identifying a specific group of rangatahi who are marginalised from school, sports, and community engagement. Within these communities/organisations, we have facilitated co-design sessions aimed at comprehending the barriers to physical activity and school involvement. Collaborating closely with providers, Healthy Families Team, & by utilising Mana Taiohi principles.

The Maramataka project co-designed with He Wero in collaboration with the Healthy Families team is about whanaungatanga. Connection to self, others, and our environments, brought to life by utilising active recreation and Maramataka for youth development and Hauora. The intended outcome of this project is to provide tools and new opportunities to explore how these wāhine and their whānau can live healthy and active lives.



The programme is currently being co-designed alongside the wāhine in He Wero through whanaungatanga sessions, shared kai, and activity. They have identified whanaungatanga as their leading principle by utilising the four main phases of Maramataka for Hauora. Next steps involve getting out in the Ngahere and doing movement for Hinengaro (mind), Tinana (body), & Wairua (soul) built on the foundation of whanaungatanga & by exploring the phases of maramataka.



### FEED FORWARD - WHAT WAS MISSING.

Due to the tight timeframe of developing and implementing an action plan in a one year period, we were unable to complete all action points within each section. This was complicated by multiple staff changes and a lack of buy in from some staff members. Due to this, Aktive are looking into hosting a Mana Taiohi PD session for RST staff members to increase awareness and understanding.

#### Active As - Hauora Activator

Through the 'Voices of Rangatahi' student insights it was found that 65% of students surveyed would like to be doing more physical activity both inside and outside of school:

- Too busy (33%)
- I'm too tired and don't have enough energy (21%)
- I'm not confident enough (20%)
- It's too hard to motivate myself (16%)
- I have no one to do it with (14%)

As a result, the He Hauora Te Taonga (health is wealth) initiative was developed after gaining insights from local West Auckland rangatahi. They told us they wanted fun, casual, and different activities to be implemented in their schools. Since then, the initiative has been rolled out in two West Auckland schools through the Hauora Activator role that has since been created.

The initiative aims to address the needs of our rangatahi by boosting physical activity among inactive or underactive students while also nurturing the Hauora of all students. By achieving this, we anticipate a positive ripple effect on educational involvement and the reinforcement of our school values

The Hauora activator's role involves collaborating with our rangatahi and external partners to coordinate and lead alternative physical and Hauora-focused activities beyond the typical sports and physical programs provided by the school. Together with the rangatahi, they'll determine the optimal timing for these activities—whether it's before school, during lunchtime, or after school—ensuring they occur on a weekly basis.

The potential impact of this initiative is to meet the needs of rangatahi by increasing physical activity in inactive/underactive students while also impacting student Hauora. As a result of these potential impacts there may be a positive impact on education engagement and strengthening school values.

### LEARNINGS.

Throughout the journey of Mana Taiohi, we have learnt that there is more to sport, active recreation, and community engagement. By incorporating Mana Taiohi principles and frameworks it is easy to understand how physical activity and youth development go hand in hand when developing mana enhancing experiences for taiohi.

As we reflect on our journey with Mana Taiohi, we've come to understand that fostering whanaungatanga, manaakitanga, whai wāhitanga, and mātauranga with taiohi demands commitment, incorporating reo, tikanga, and Te Ao Māori. Looking ahead, our commitment to the Mana Taiohi framework, authentic engagement, and the cultivation of trust and connections will continue to define our path forward.

One of the hurdles we've faced on this journey is conveying the significance of Mana Taiohi and persuading others to recognize its value within their existing efforts. Essentially, the core principles of Mana Taiohi were already inherent in our internal work.

As part of our action plan, we aimed to bring in others who would have significant impact in this space and form an internal task force. Unfortunately, this endeavor did not gain traction as we had hoped. Next time, we would need to ensure to spread the word early and ensure there is buy-in from the wider team.

### NEXT STEPS.

Moving forward in the Mana Taiohi journey entails reevaluating our strategies, pinpointing areas for enhancement, and revitalizing our commitment to embedding its principles into our work. This involves heightening awareness among stakeholders, revising our internal implementation strategies, and exploring fresh avenues to empower youth within our community. We'll also actively pursue collaborations to amplify our impact and ensure that Mana Taiohi remains at the forefront of our endeavors.

Moving forward, we would like to continue developing connections with active recreation providers who embody Mana Taiohi as a framework for youth development, and exploring how active recreation can be used as a vehicle for holistic wellbeing. We plan to do this by continuing to establish authentic whakawhanaungatanga with rangatahi as part of systems outside of mainstream education considered to be 'at risk', working closely with pastoral staff in secondary schools, community, and those as part of social groups such as neurodiverse, physically impaired, and rainbow rangatahi. Mana Taiohi will continue to remain central to our approach for when working with rangatahi and active recreation providers to develop Hauora through active recreation initiatives that enhance the mana of rangatahi and embodying hinengaro, tinana, and wairua.