

SHARED **VISION**  
*North Harbour*

Welcome to our first Connection Cafe

**Manaakitanga Café**



# Today's Programme

## *Welcome*



Kōrero from Clayton Rangitutia



Q&A



Group photo



Karakia



Kai and networking



**Guest Speaker**  
Clayton Rangitutia

# Welcome to Manaakitanga Café

Shared Vision North Harbour is a community initiative hosted by Hearts & Minds.

Together we bring people, organisations, and communities together to:

- Strengthen wellbeing
- Reduce isolation
- Build connection
- Create positive change



**Amberlee Wharton**

Chief Executive of  
Hearts & Minds

# Te Ao Māori: Everything is Connected

From a Māori world view, everything is intrinsically connected:

- Whenua (land)
- Whānau (people)
- Wairua (spirit)

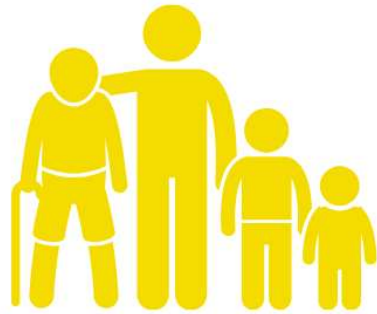
*These relationships are reciprocal.*

Maintaining our mauri (life force) helps strengthen our mana (spiritual authority).



# Whanaungatanga

**Whānau**  
=  
**family**



**Whanaunga**  
=  
**relationship or connection**



**Whanaungatanga**  
=  
**the act of connecting and contributing**



Connection is not something that simply happens to us.  
It is something we create together.

# Icebreaker

Please introduce yourself:

- Your name
- The suburb you live in
- One thing you enjoy doing

## **Discussion question:**

"What is one thing that helps you feel cared for or valued?"



# Manaakitanga

Mana = the inherent value that exists within every person.

Aki = to bring forward.

Tanga = action.

Manaakitanga is the action of uplifting and enhancing the mana of others.

For:

- Self
- Others
- Community



# Aroha • Tika • Pono

All of these practices cannot happen without aroha tika pono – doing things the right way, with love and with integrity.

**Pono**

=

**Integrity and  
honesty**



**Tika**

=

**Doing things the  
right way**



**Aroha**

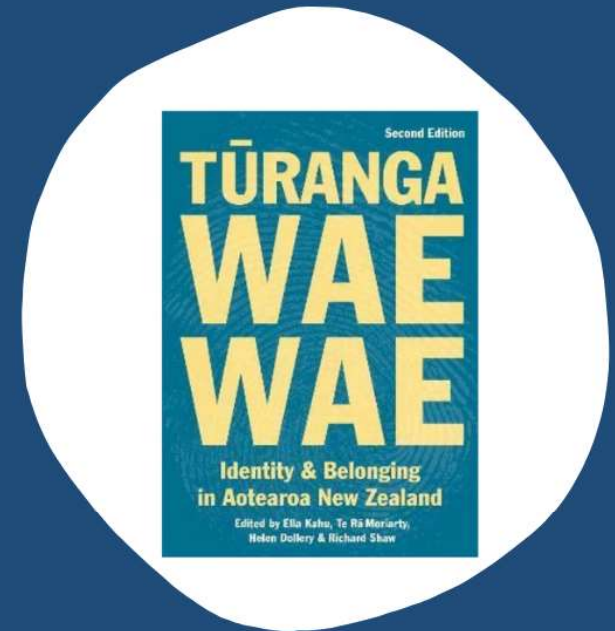
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**Compassion, care  
and kindness**



These values sit underneath all of our relationships and communities.

# Question Time



## *Book Recommendation*

If you would like to learn more about identity and belonging in Aotearoa:

**Tūrangawaewae**

A decorative border at the top and bottom of the slide, consisting of a woven pattern of light brown bamboo strips.

**Karakia**

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*North Harbour*

**Ngā mihi**

