

TAHA WHĀNAU FAMILY & COMMUNITY

Building strong
relationships



I feel connected
and supported

WHY ARE STRONG FAMILY AND COMMUNITY BONDS IMPORTANT?

Taha whānau is the capacity to belong, to care and to share where individuals are part of wider social systems.

Strong family bonds, camaraderie with teammates, and a sense of belonging within the high performance community provide your foundation for emotional stability, encouragement, and shared achievement.

Build your support network

Identify people in your life who:

- You have a strong connection with
- You can trust and speak to about anything
- Challenge you in a supportive way
- Foster your learning and development
- Care and make you feel like you belong

Be brave and speak up

- Lean on your network to develop your voice
- Speak up if you or anyone else appears unwell



Good connections are 2-way

- Find your role in relationships and community
- Identify where your contribution helps others

If in doubt, sing out!



Ask questions and explore ideas related
to all aspects of your health



**TAHA
WHĀNAU
FAMILY &
COMMUNITY**



**TAHA
HINENGARO
MENTAL &
EMOTIONAL**



**TAHA
WAIKURA
SPIRITUAL**



**TAHA
TINANA
PHYSICAL**