

Join our tribe of indigenous coaches
transforming indigenous lives



Taahi

Nau mai, haere mai

Tūtaki mai ki o kaiwhakaako

Meet your facilitators



Shelley Burich

Faleasiu, Solosolo,
Vailima & Papauta
Samoan, Chinese



Jay Lambert

Métis of Cree
and French
Canadian
heritage



Tēnā koutou katoa,

**Mahia te mahi,
hei painga mo te iwi
Do the work, for the
betterment and
wellbeing of the people.**

Te Puea Herangi, Waikato-Tainui Leader
(9 November 1883 - 12 October 1952)

I want to firstly acknowledge our global Indigenous communities for their resilience and responsiveness to a global pandemic and multiple natural disasters. Survival is what we have been doing for centuries. It is in crisis that I see time and time again Indigenous women and communities rising to protect people, place and planet.

Rise is where you come to thrive amongst our vibrant tribe of Indigenous women and leaders. Most importantly we have built a decade of trust and feedback from Indigenous women in governments, tribal nations, corporations and community.

Hear from Pania, a proud Wahine Māori, mother of four adult children, and part of the core team of Rise. We love that Pania has bought her TAHI learnings into her everyday life. When we serve ourselves as Indigenous women, we also serve our families and friends from a full cup.

Reset, retrain and reimagine with your TAHI tribe of Indigenous coaches this year.

Kia maia, kia manaaki, kia manawanui.
Be courageous, be kind, be steadfast.

Paimārire.

**Rachel Petero | Founder Rise
Waikato-Tainui**



Pania's Story

Before TAHI I did various roles in not-for-profit, hauora or health, education, and my role as a māmā of 4 adult children between 16 and 24 years old was another full-time job.

Professionally I saw coaching as a tool to support me in my everyday work. Personally I wanted to be a better communicator with my growing adult tamāriki (children) and also support my close network of friends. I also saw the opportunity to coach rangatahi (youth) as a career I could work towards.

Through TAHI I have learnt how to have powerful conversations with my whānau (family) and friends to support them to see options and choose a way forward that works for them. TAHI gives you life skills, it's not only about coaching.

I am forever grateful to be part of my sister Rachel's vision for Rise. TAHI is truly transforming lives for whānau.

Pania Taka-Brown

Ngāti Tamaoho, Ngāti Whawhokia, Ngāti Te Ata, Ngāti Tahinga





Tahi Haerenga

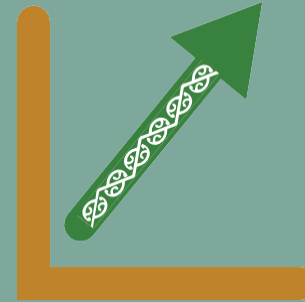
Tahi Journey



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TAHI is proud to fly the FernMark flag as an approved licensed programme. The NZFernMark represents Aotearoa, New Zealand on the world stage at it's best.

More than 1 Billion New Zealand products and services proudly carry the FernMark across the globe as our international symbol of trust. As an Indigenous-owned and values-driven business working internationally with governments and industry leaders, the FernMark is another level of trust and credibility. As we grow the Māori economy, our culture, language and people grow too.



NEW ZEALAND

\$68.7B IS THE VALUE OF THE MĀORI ASSET BASE

The asset base is spread across a range of sectors with the primary sector (agriculture, forestry, and fishing) making up \$23B of the Māori asset base.

Source: Reserve Bank of New Zealand Te Ōhanga Māori 2018.



NEW ZEALAND

98 THE NUMBER OF IWI IN NZ

Māori are tribal people, bound together by descent from a common ancestor or ancestors. Māori tribes are known as Iwi.

Source: Statistics New Zealand, 2013 Census.

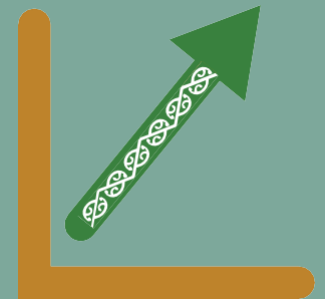


NEW ZEALAND

\$17B CONTRIBUTED TO NEW ZEALAND GDP MĀORI ECONOMY

The Māori economy has huge potential to contribute to New Zealand's future prosperity. The value added totalled \$17 billion, compared to \$263 billion for all of New Zealand.

Source: Reserve Bank of New Zealand, Te Ōhanga Māori 2018.



NEW ZEALAND

1^M SPEAKERS OF TE REO MĀORI

The New Zealand government has set a goal of 1 million Kiwi speaking basic te reo Māori (the indigenous language of Aotearoa New Zealand) by 2040.

Source: Te Puni Kōkiri.

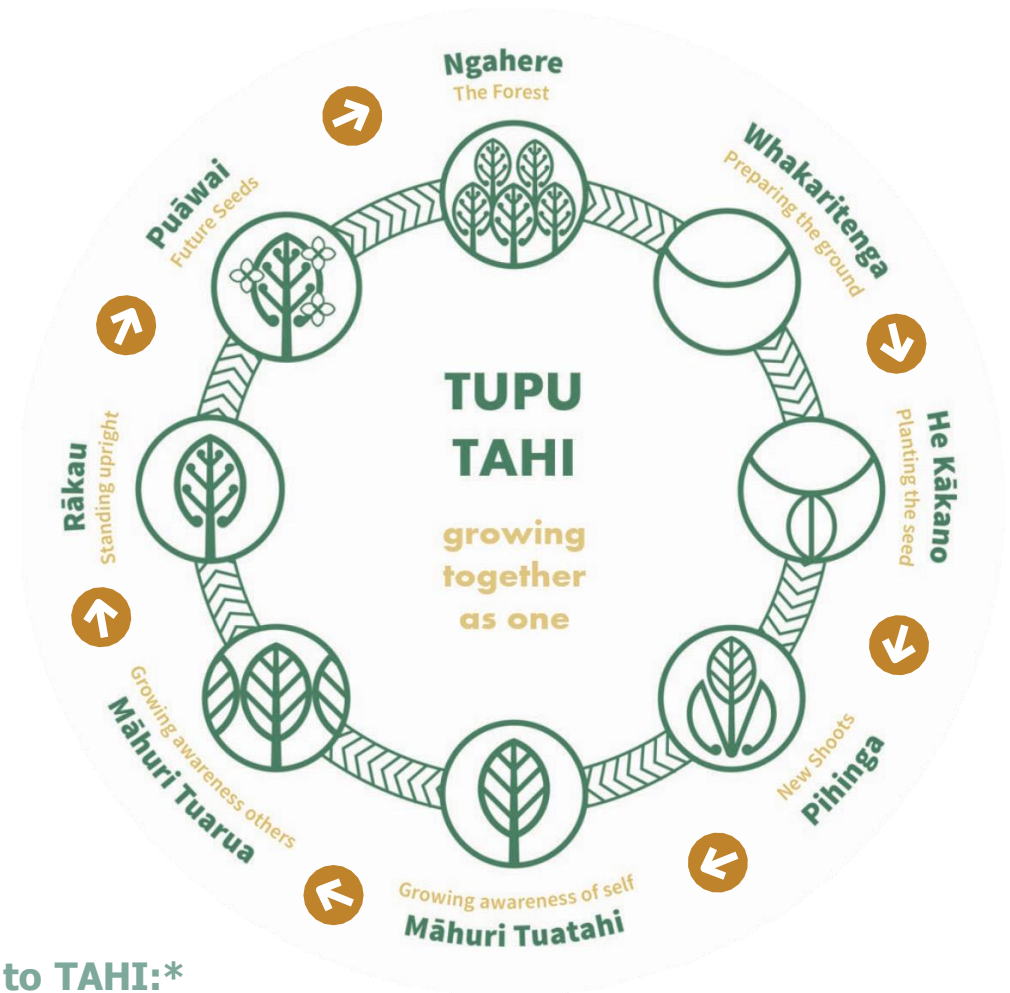


Tupu Tahī

Grow together as one

TUPU TAHI is our Indigenous coaching model that connects you to our natural environment in order to understand coaching from an Indigenous worldview.

Ako atu, Ako mai is a traditional learning methodology of reciprocity where teacher and learner exchange of knowledge and perspectives. Ako means to learn, when you add atu and mai it indicates the direction of the learning to be given and received.



Six steps to TAHI:*

Step 1: 6 weeks facilitated online learning
32 learning hours

Step 2: 4 weeks group online coaching
8 learning hours

Step 3: 5 weeks triad online coaching
10 learning hours

Step 4: 6 weeks FB live online learning
6 learning hours

Step 5: 4 weeks mentor online coaching
10 learning hours

Step 6: ICF requirements
100 practice coaching hours

**Additional learning hours for Steps 1 - 5 includes 4 hours of e-learning and 6 hours of reflection, research and journaling work.*

Tahi Course Outline

TAHI means one or first in Te Reo Māori, the Indigenous language of Aotearoa, New Zealand. TAHI is our hero programme, it is the first of its kind in the world! TAHI is where you get access to our Indigenous coaching model TUPU TAHI which translates to 'growing together as one'. Join our vibrant and thriving tribe of Indigenous coaches creating positive impact across the world.



Ngahere
The forest



Puāwai
Future seeds



Rākau
Standing upright



Māhuri Tuarua
Growing awareness of others



Māhuri Tuatahi
Growing awareness of self



Pihinga
New shoots



He Kākano
Planting the seed



Whakaritenga
Preparing the ground

- Participants sign up to the course and get access to
- Online module (30 mins)
 - Participant Journal
 - Online self assessment
 - Booking for first wānanga



- Introduction to the course
- Talking head videos
- Interactive graphic of the journey
- Choose your rākau activity
- What to expect: ICF core competencies











Journal activities

<p>4-hour remotely facilitated session</p> <ul style="list-style-type: none"> • Whānaungatanga – sharing your rākau • Your expectations for the course • Share personal learning goals/ define your unique coaching purpose • What is coaching? (and what it isn't) • What do we mean by coaching from an indigenous worldview? • Using the TUPU Grow model • Reflection and Action <p>4-hour remotely facilitated session</p> <ul style="list-style-type: none"> • Whānaungatanga, reflections, expectations • Course Review • Developing your practice • Reflection and Action 	<p>Roles and skills of a coach</p> <p>6-hour remotely facilitated session</p> <ul style="list-style-type: none"> • Whānaungatanga, reflections, expectations • What do we mean by a coaching opportunity? • What is a coaching mindset? • The roles/skills of a coach • Structuring a coaching session • The goals of coaching • Fostering positive change • Reflection and Action 	<p>Preferred communication style tool</p> <p>6-hour remotely facilitated session</p> <ul style="list-style-type: none"> • Whānaungatanga, reflections, expectations • Your preferred communication style • Effective communication barriers and overcoming barriers • Challenging assumptions • Coaching in practice • Reflection and Action 	<p>Understanding motivation</p> <p>6-hour remotely facilitated session</p> <ul style="list-style-type: none"> • Whānaungatanga, reflections, expectations • Understanding motivation in practice • Active listening • Effective Questioning • Questioning techniques • Coaching roleplays • Creating a safe place • Creating a coaching partnership • Reflection and Action 	<p>The power of presence</p> <p>6-hour remotely facilitated session</p> <ul style="list-style-type: none"> • Whānaungatanga, reflections, expectations • Holding space for others • Being present/ staying present • Working in a space of not knowing • Coaching in context • Closing a coaching session • Getting commitment • Next steps and activities 	<p>4-hour remotely facilitated session</p> <ul style="list-style-type: none"> • Whānaungatanga, reflections, expectations • Course Review • Developing your practice • Reflection and Action
<p>Journal activities</p>	<p>Journal activities</p>	<p>Practice Coaching sessions</p>	<p>Practice Coaching sessions</p>	<p>Practice Coaching sessions</p>	<p>Mentor Coaching sessions</p> <ul style="list-style-type: none"> • Continuing to put it into guided practice

Tahi Programme

SEPTEMBER 2024 INTAKE

Aotearoa, New Zealand dates/times

TAHI programme schedule		STEP 1 *COACHING FOUNDATION	STEP 2 *GROUP COACHING	STEP 3 *TRIAD WORK	STEP 4 *FB GROUP (ATTEND 3 MIN)	STEP 5 COACHING COMPETENCIES	STEP 6 **ICF ACC CERTIFICATION
	Whakaritenga (30 min online pre-work module) Preparing the ground	Monday	Wednesday	Wednesday	Wednesday	Wednesday	1 recording
	He Kākano Planting the seed	16 Sep 2024 9am - 1.30pm	2 Oct 2024 9am - 11am	30 Oct 2024 9am - 11am	FB live 12 Feb 2025 9am - 10am	26 March 2025 9am - 11am	100 hours
	Pihinga New Shoots	23 Sep 2024 9am - 3.30pm	9 Oct 2024 9am - 11am	6 Nov 2024 9am - 11am	FB live 19 Feb 2025 9am - 10am	2 April 2025 9am - 11am	1 transcript
	Māhuri Tuatahi Growing awareness of self	30 Sep 2024 9am - 3.30pm	16 Oct 2024 9am - 11am	13 Nov 2024 9am - 11am	FB live 26 Feb 2025 9am - 10am	9 April 2025 9am - 11am	Apply ICF Level 1
	Māhuri Tuarua Growing awareness of others	7 Oct 2024 9am - 3.30pm	23 Oct 2024 9am - 11am	20 Nov 2024 9am - 11am	FB live 5 March 2025 9am - 10am	16 April 2025 9am - 11am	ICF Credential Exam
	Rākau Standing strong	14 Oct 2024 9am - 3.30pm		27 Nov 2024 9am - 11am	FB live 12 March 2025 9am - 10am	*2 x coach recordings	PASS ICF ACC
	Puāwai Future seeds	21 Oct 2024 9am - 3.30pm			FB live 19 March 2025 9am - 10am	*2 x 1-2-1 mentoring calls	EMAIL ICF CERT
	Ngahere Forest (Mentoring)	*Complete all paperwork	*Complete all paperwork	*1 x coach recording	*Complete all paperwork	Rise2025 Graduation date TBC	ICF Graduation date TBC

*Rise2025 & ICF requirements to complete TAHI **ICF requirements only to complete the international coaching certification



For more information contact:

fp: 0800 00 60 78

e: info@rise2025.com

w: www.riseglobal.co.nz

Register for Tahī
Click [HERE](#)



Join our FB Group
Click [HERE](#)

