SENSE OF SELF Sample resources

SENSE OF SELF	Individual	Employer	Educator	All Roles
Whakapapa	TWoA Course Level 3 course (free) Te Whāinga o te Ao Tikanga		Tikanga Concepts Unit standard based ($)	
Staying Positive	Digital wellbeing resources	Five Ways to Wellbeing at Work Toolkit (Mental Health Foundation)		
Self-managing	Skillpod: Building your resilience ($) Learning Hub, University of Auckland Learning and working autonomously	12 Free Resilience Activities for Workplace Training – Exercises for Adults and Employees (website)	The Emotional Culture Deck by Riders & Elephants ($)	Short, succinct 4 minute video explaining EQ Article explaining EQ Article explaining EQ from MindTools
Tūrangawaewae				
Aiming High				
General fit	He Ara Waiora is a waiora framework from The Treasury, built on te ao Māori knowledge and perspectives of wellbeing. Waiora speaks to a broad conception of human wellbeing, grounded in water (wai) as the source of life (ora). It recognises that all aspects of waiora are inter-related. Waiora is intergenerational in scope. It was developed alongside Ngā Pūkenga (an expert group of Māori thought leaders).	BCITO employer modules: Mental health and welbeing		Good Yarn ($) GoodYarn is an evidence-based, peer-delivered mental health literacy programme. GoodYarn has three key aims and evaluation indicators: • Increase awareness of signs and symptoms of common mental illnesses; • Build confidence in starting a conversation where you are concerned; and • Improve knowledge of where and how to get help. https://www.goodyarn.org/programme/#what-is-goodyarn Further reading: Victor E Frankl *Man's Search for Meaning* Brené Brown *Braving the Wilderness* Carol Dweck *Mindset: The New Psychology of Success* Angela Duckworth *Grit: The Power of Passion and Perseverance* Simon Sinek *Leaders Eat Last* Daniel Goleman *Emotional Intelligence* Dale Carnegie *How to Win Friends and Influence People*
User Guides & Toolkits	Te Ao Māori Skills Framework Toolkit: For Ākonga (Learners)	Te Ao Māori Skills Framework Toolkit: For Employers and Mentors User Guide for Workplace Trainers and Employers	Te Ao Māori Skills Framework Toolkit: For Providers and Programme Developers User Guide for Educators User Guide for Programme Designers	

Appendix 1: Design Principles

In order to provide a consistent approach across the development team and the various resources, some common design principles were used. In any future iterations, these should also be considered an updated as appropriate.

Skills Descriptions:

- The descriptions are aimed at an individual (learner)

- Te Ao Māori is integrated throughout, not add-on

- Any skills description is in simple language and in a work context where appropriate

- Whakatauki add depth to the descriptions. Where possible they have a food and fibre context

- Some skill elements are from Te Ao view (ie. whakapapa), as it is the best explanation of the element for everyone, not exclusively Māori

- The progression levels are generic so that people in a range of roles can identify with them. They build on each previous level.

- An individual may be at different levels in each element and skill set

Scenarios:

- The scenario describes a generic organisation – could be any in the food and fibre sector (ie. dairy farm or orchard)

- The language of the scenario is neutral, the reader selects the role they want to explore

- The scenarios build through the skill sets in a logical business and skills progression

- The questions ask the reader to consider their response, and then point them to the relevant skill element for further reading/consideration

Resources:

- The Framework should include some learning resources to give an indication of the type of learning available.

- However, the main source of learning materials may be through educators

- The selection is by availability, and is not ranked or guaranteed

- It has a focus on Food and Fibre, then NZ where possible

- The aim would be to have content in each skill element for the individual, however, it may be that this could take the form of short "development moments" as per the UK Skills Builder (to be decided at a later stage of implementation)