

# HEI MĀREIKURA, HEI MAURIORA WOMEN'S EMPOWERMENT PROGRAMME

## LINA & KIM'S STORIES

The Hei Māreikura, Hei Mauriora, Women's Empowerment Programme, is a community-led grassroots coaching programme supported by MPHS. It's for women who are in positions of vulnerability who want to discover how to make positive choices for themselves and their families so they can live lives of value.

Women have many reasons for joining the programme. They may be facing grief, unemployment, loss of confidence and sense of self, anxiety or family issues. Becoming part of HMHM enables these women to set their own pathways and goals while ensuring a sense of community and connection.

Lina (name changed for privacy) came to the Women's Empowerment Group after being lost in an abusive relationship. For the greater part, she had given up her own self just to survive, something she only became aware of sometime after the relationship had ended. Taking part in Hei Māreikura, Hei Mauriora, has had an incredible impact on her day-to-day life.

Lina took part in a two day weekend workshop where she was able to spend time focussing and figuring out who and what she wanted to be going forward.

*"The main thing I got from the workshop was the feeling that I could actually stand up for myself. It wasn't apparent at the time, but I have since found myself successfully standing up against things that would have been too hard only a year or so ago," says Lina.*

Lina found the role-playing particularly useful. It gave her a whole new way of looking at things. She's now used this perspective to achieve better outcomes in other challenges she has faced.

*"I found it incredibly challenging, but really useful to look at the conversation from both sides in the role play," says Lina.*

She noticed the other ladies around her were also experiencing change, and feeling the energy of being able to feel safe and supported.

*"The difference in the ladies who attended in stature and facial expression between day one and day two was really impressive. For someone who finds that they feel safe in very few places, this was a big thing," says Lina.*

Lina is a big advocate of the program recommending it to other women. She's also made new friendships and valued the follow-up coaching and opportunities.

*"I would never have tried Karaoke in any other environment, and I had my first Cranio-sacral session the other day – it was great!" says Lina*

For Woman's Group Coach Kim, one of the key impacts of Hei Māreikura, Hei Mauriora is connection.

*"It's a powerful thing when women come together. It doesn't matter if you are an introvert or extrovert when women come together for the same thing change happens," says Kim.*

Kim has taken part in the Women's Group as a participant and now as a coach. She identifies with the workshop being a safe place for self-expression, giving participants a place to learn about themselves and invest time on who they are.

It was the personality test that confirmed so much for Kim. Much of it she already knew about but had forgotten how to love those traits. Today she is empowered by who she is and loves helping coach other women to find the space to do the same.

### ABOUT THE PROGRAMME

The Hei Māreikura, Hei Mauriora journey is a process which starts with the Women's Empowerment (Group) workshops. If the women are suited to coaching they can transition into a one-on-one coaching relationship over approximately 12 weeks. Once women complete this phase, they're welcomed into the HMHM Whanau where they stay connected social events and workshops. Some events are open to friends and colleagues who may be interested in coming on the programme themselves.

*"Self-care is so important. So is taking time out to check in as we can get caught up with our commitments and the busyness of life."*

*"There is so much value with women coming together physically. We live in a media-driven society. I think people want physical connection and that is why our workshops work."*

Kim

