

WHĪTIKI TAUĀ

   VIRTUAL MENTORING

Mentor support - someone who'll have your back.

What is a mentor?

They're a consistent, reliable, non-judgemental person to kōrero with, ask questions and get guidance from.

You can talk to them about anything you want to - perhaps you're feeling unsure of what direction to take or facing challenges with friends, whānau, work or life in general.

Whīteki Tauā means 'we've got your back'.

Why have a mentor?

A mentor cares about you and your wellbeing, and are there for you when you need them.

A mentor can help you:

- ✓ grow your self-esteem and confidence
- ✓ work through tough situations
- ✓ set goals and achieve them
- ✓ work out what career or education you'd like
- ✓ celebrate your successes.

How does WHĪTIKI TAUĀ work?

Whīteki Tauā is a FREE virtual mentoring support service. It connects you to a dedicated person who you can have regular chats with for 12 months via phone or video call.

You can join Whīteki Tauā if:

- you're in Mana in Mahi
- you're 18-24 years old and on a Work and Income benefit or
- you're 18-24 years old and have recently come off a benefit to start work or study.

Our mentors are from a range of backgrounds. We'll help you choose a mentor you'll connect with best and help you get to know each other.

To sign up or for more information,
visit whakarongorau.nz/whitikitaua
or call Whīteki Tauā on **0800 089 898**

Having a mentor is awesome. Just knowing someone is there for you when you need them is so good.

I felt accepted for who I am so it made it a lot easier for me to accept myself - which made me more confident.

Being able to talk with someone who has supported and encouraged my growth.

My mentoo is caring and trustwoothy and oover judges me. He motivates me and supports me in pretty much everything I do.

Helps me work through issues and see things from a different angle. Keeps me motivated to achieve my goals we have set, to reach my potential.

HAVING A MENTOR HAS HELPED ME GET BACK ON MY FEET AND GIVEN ME A SAFE SPACE TO TALK ABOUT MY PROBLEMS

Taking the time out to chat with me about what's going on in my life and taking great interest in my success.

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