

3

Whakawhanake rautaki Developing strategies

Exploring the challenges we face and
developing strategies to navigate them.

What element are
you focusing on?

Element

What is the
challenge?

Challenge

Where does this
take place?

Context

What is getting
in the way?

Impact

How does it
make you feel?

Emotion

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What is getting
in the way?

Impact

How does it make
you feel?

Emotion

What or who
could help?

Impact

How would you
like to feel?

Emotion

For more information and additional online resources
hpe.tki.org.nz/ata-strategies

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TE TĀHUHU O TE MĀTAURANGA