

PREKURETM 

HAUORA WHAKAAKO
(THE HEALTH COACH APPROACH)
Prospectus



PREKURE
is a health
education
and training
provider
championing a
Te Whare Tapa
Wha model of
hauora.

Aotearoa has a serious and growing chronic disease problem. Type 2

diabetes is likely to be the biggest global epidemic in human history. Inequities and health outcomes will worsen for Māori populations.

Our Māori communities are being disproportionately affected by our escalating mental health crisis, with the

prevalence of mental distress among Māori almost 50% higher than among non-Māori.

Inequalities within Māori have numerous contributing factors; however it is

sometimes the simple things that we can weave within our practice that can be most effective in supporting hauora – he mana tō te kupu.

Hauora Māori is deeply entrenched with the concept of 'whānau' and 'whanaungatanga'. This emphasises

collective and relational wellbeing through whakapapa/genealogy and kinship that supports belonging and identity as key protective factors of hauora.



APPLYING PRACTICAL
WAYS TO DELIVER HAUORA
SERVICES TO MĀORI.
USING COACHING AND
FRAMEWORKS WHĀNAU
WILL LEARN HOW TO REFIT
THEIR WAKA TINANA, GOING
ON A JOURNEY OF SELF
DISCOVERY AND HEALING.



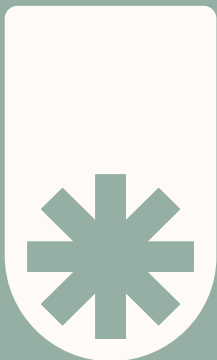


MAURI ORA MEANS THAT
OUR LIFE ESSENCE AND
OUR WAIRUA FLOURISHES
WITH POTENTIAL, IDEAS,
AND CONNECTIONS.

THIS CONCEPT IS AT
THE HEART OF HAUORA
WHAKAAKO (THE HEALTH
COACH APPROACH).

TEACH WELL
LIVE BETTER
COACH WELL

A true
partnership,
embedding
cultural
context
alongside
technical
skills.



**HAUORA WHAKAAKO
(THE HEALTH COACH APPROACH)**

You will have an ability to navigate the process of whanaungatanga; a concept informed by tikanga and kawa/Māori practices.

You will work with a range of lifestyle solutions and tools, health coaching skills and behaviour therapy techniques to deliver better tāngata whai ora (person seeking wellness) outcomes.

You'll see better health results in your community, and also for yourself and your whānau.

PREKURE's Hauora Whakaako Coach training is both robust and rigorous and our graduates are confident and capable. Together we can dramatically improve hauora outcomes for both Māori and non Māori New Zealanders.

This program equips coaches to provide culturally sensitive support and guidance, incorporating Māori values and practices. PREKURE Coaches are culturally competent and technically able to meet whānau where they are at and empower them to take control of their health by enhancing their health literacy and turning that knowledge into action.

The Hauora Whakaako Program comprises two Certificates:

1. The Certificate in Hauora Whakaako Science

6 theory based modules covering the latest science and evidence of preventative lifestyle medicine:

Module 1 Hauora and Disease

Module 2 Hauora Whakaako and Behaviour Change

Module 3 Lifestyle Medicine

Module 4 Mental Wellbeing Kete

Module 5 Upholding the Mana of Tāngata Whai Ora, and Whānau While Navigating the Healthcare System

Module 6 PREKURE's Lifestyle Medicine Resources for Whānau

2. The Certificate in Hauora Whakaako Practice

20 hours of live, interactive and immersive online coaching wānanga porowhita (seminar circle) taught by our expert coaching faculty in a trusted, supportive setting.

1

HAUORA AND DISEASE

Learn how lifestyle diseases progress.

In this module, you will learn in-depth about defining health, exploring the social determinants of health, and understanding the intricacies of lifestyle diseases.

You will learn about how we measure health in medical terms and gain an understanding of key lifestyle diseases that you will encounter when working with whānau including type 2 diabetes, heart disease, dementia and Alzheimer's.

MODULE OUTLINE

Lesson 1: What is health?

Lesson 2: How do we measure health?

Lesson 3: What are the social determinants of health?

Lesson 4: Let's talk about physical health and disease

LEARNING OUTCOMES

Learn about health and chronic lifestyle diseases.

Key learning:

1. Defining health
2. The social determinants of health
3. Understanding lifestyle diseases

2

HAUORA WHAKAAKO AND BEHAVIOUR CHANGE

Learn how to get real results with tāngata whai ora.

In this module, you will learn both the art and science of coaching and behaviour change, giving you the practical knowledge to help your whānau make sustainable behaviour changes.

Learn all about motivational interviewing, how habits are formed, and discover the latest techniques from the field of positive psychology. This course arms you with everything you need to know, so you can really make a difference.

MODULE OUTLINE

Lesson 1: Why do we need health coaches?

Lesson 2: What is health coaching?

Lesson 3: Health Coach scope of practice

Lesson 4: What is motivational interviewing?

Lesson 5: What other tools can I use?

LEARNING OUTCOMES

Learn about health coaching and practical tools to use for sustainable behaviour change.

Key learning:

1. Habits and changing behaviour
2. Core health coaching skills
3. Motivational interviewing
4. The seven rules of sustainable behaviour change
5. The PREKURE positive psychology behaviour change kete

3

LIFESTYLE MEDICINE

Learn the latest lifestyle medicine tools and techniques to support whānau to get healthy and stay healthy.

Good nutrition, regular physical activity, getting enough sleep and being socially connected in our community are all critical in helping whānau create lasting results on their health journey.

In this module you will learn from experts about the fundamentals of lifestyle medicine and how to use practical tools to impart knowledge and skills and support whānau to make healthy habits in these areas a normal part of their lives.

MODULE OUTLINE

Lesson 1: Kai as medicine

Lesson 2: Quickfire nutrition tips and tricks

Lesson 3: Whakatātanga as medicine

Lesson 4: Moe as medicine

Lesson 5: Hononga as medicine

LEARNING OUTCOMES

Learn about the levers of lifestyle medicine.

Key learning:

1. Nutrition (Kai as medicine)
2. Exercise (Whakatātanga as medicine)
3. Sleep (Moe as medicine)
4. Connection (Hononga as medicine)



MENTAL WELLBEING KETE

Learn about mental health, brain health and wellbeing.

This module introduces you to key concepts including mental health first aid, the coach approach to mental health, lifestyle medicine tools for mental health and acceptance and commitment therapy tools you can use when working with whānau.

This module is designed to arm you with practical tips, tricks and skills to help whānau navigate mental health challenges and build their own personal mental health kete.

MODULE OUTLINE

Lesson 1: Understanding mental health treatment and mental health first aid

Lesson 2: The biology of mental wellbeing

Lesson 3: The coach approach to mental health

Lesson 4: Lifestyle medicine for mental health

LEARNING OUTCOMES

Develop skills and learn tools to work with mental health.

Key learning:

1. An overview of anxiety and depression
2. Mental health first aid
3. The biology of mental wellbeing
4. The coach approach to mental health
5. Lifestyle medicine for mental health
6. ACT – Behaviour therapy that works

5

UPHOLDING THE MANA OF TĀNGATA WHAI ORA, AND WHĀNAU WHILE NAVIGATING THE HEALTHCARE SYSTEM

Learn how the Aotearoa healthcare system and medications work.

In this module you'll get an overview of the health system, learn about medications (and how they work) and learn practical tools to pass onto whānau that they can use to advocate for themselves in medical settings.

You'll learn how referrals work and what questions to ask to make the most of medical appointments. This course is designed to help you be able to collaborate with health professionals more effectively, communicate well and teach whānau how to make the most of their health journey.

MODULE OUTLINE

Lesson 1: An introduction to the healthcare system

Lesson 2: Understanding medications

Lesson 3: Understanding blood test results

Lesson 4: Communication and referral

Lesson 5: Gaining control of your healthcare journey

Lesson 6: Maximising the doctor-tāngata whai ora relationship

LEARNING OUTCOMES

Learn about the Aotearoa healthcare system and support your whānau to advocate for themselves.

Key learning:

1. Talking to GPs
2. Advocating for ourselves
3. How the system works
4. Medications



PREKURE'S LIFESTYLE MEDICINE RESOURCES FOR WHĀNAU

This module includes a range of practical resources, from eating guides to interactive worksheets, that can be used in coaching situations to encourage sustainable behaviour change.

GUIDES

- PREKURE Fitness Guides
- Health Coach Book
- Hauora Guide

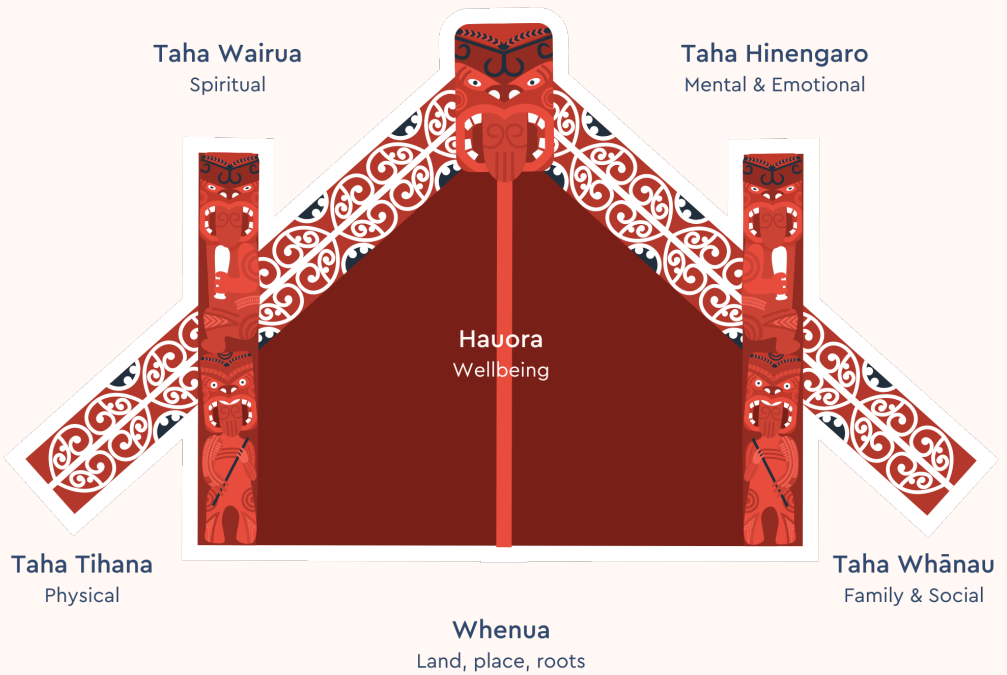
HANDOUTS AND RESOURCES

- Waitangi wheel
- 7 rules of behaviour change
- My healthy eating rules
- Top tips for saving money and eating well
- Mindful eating
- Dr Lily Fraser's top tips for going low carb
- Top tips for eating out

KAI

- Low carb recipes and resources for whānau
- Vegetarian eating guide, recipes, menu plans
- Ketogenic eating guides, recipes, menu plans
- Mediterranean eating guides, recipes, menu plans
- Low carb eating guides, recipes, menu plans

THE 4 PILLARS OF OUR HAUORA



Certificate in Hauora Whakaako Practice

Wānanga Porowhita Outline

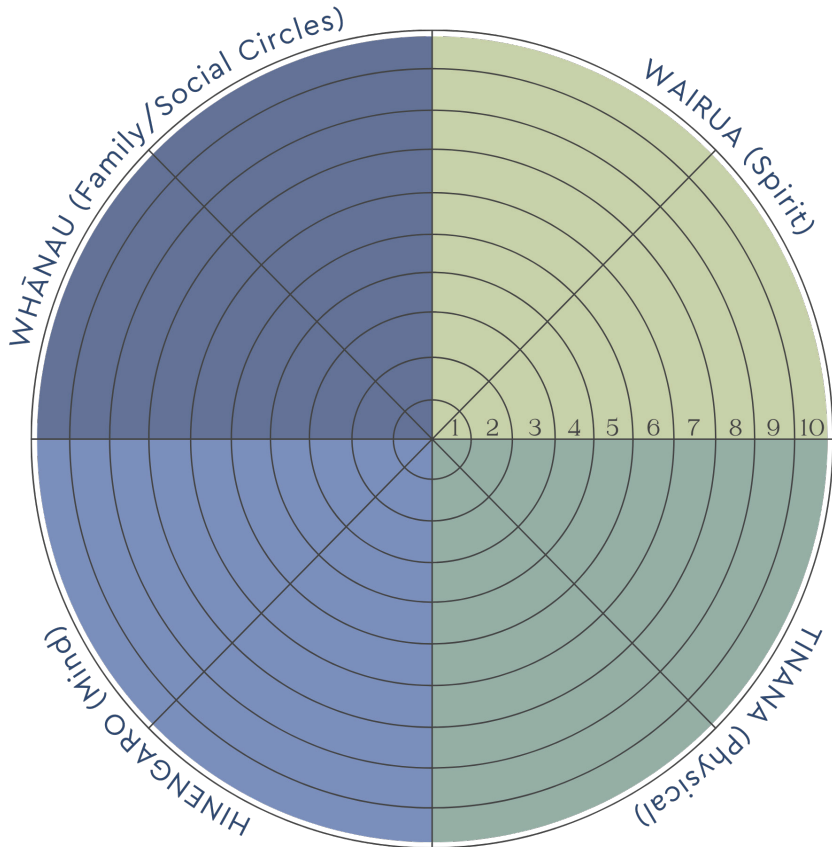
All Wānanga Porowhita open and close with a karakia. There is time given for discussion and group reflection to ensure a supportive and holistic learning environment where all learners' life experiences and knowledge are celebrated.

| WĀNANGA POROWHITA | LEARNING CONTENT |
|---|---|
| Wānanga Porowhita 1 & 2: Setting the foundation and learning core skills | Establishing expectations and creating a safe environment for all <ul style="list-style-type: none">• Concept: Curiosity without judgement• Concept: Tāngata whai ora• Concept: Power questions• Concept: Resonance• Concept: Silence and space• Concept: Championing and reflecting on what's going on• Concept: PREKURE Mantra• Concept: Core coaching competencies Practice: Coaching – curiosity without judgement |
| Wānanga Porowhita 2: Exploring core skills | Covering new coaching skills to incorporate with foundational skills <ul style="list-style-type: none">• Coaching Skills:<ul style="list-style-type: none">– Reframing– Intuition– Metaphor– Bottom lining– Intrude Demo: Bottom-lining and metaphor |

Certificate in Hauora Whakaako Practice
Wānanga Porowhita Outline

| WĀNANGA POROWHITA | LEARNING CONTENT |
|--|--|
| Wānanga Porowhita 3: Listening curiously and asking questions | <p>The levels of listening and asking curious questions on the tāngata whai ora agenda</p> <ul style="list-style-type: none">• Concept: The three levels of listening• Concept: PREKURE Mantra <p>Demo: The three levels of listening</p> <p>Tool: The Waitangi wheel</p> <p>Practice: Active listening and asking curious questions</p> |
| Wānanga Porowhita 4: Behaviour change & coaching frameworks | <p>Unpacking the realities of behaviour change</p> <ul style="list-style-type: none">• Concept: Change Model• Concept: How do humans change their behaviours (habit loops)? <p>Discussion: Your own experiences</p> <p>Demo: Coaching with the Waitangi wheel</p> <p>Practice: Identifying the stages of change</p> <p>Practice: Coaching with the Waitangi wheel</p> |

THE WAITANGI WHEEL



Certificate in Hauora Whakaako Practice

Wānanga Porowhita Outline

| WĀNANGA POROWHITA | LEARNING CONTENT |
|--|---|
| Wānanga Porowhita 5: Co-creating the relationship and cultivating learning and growth | <p>Closing coaching sessions and providing health education</p> <ul style="list-style-type: none">• Concept: Scope of practice• Concept: Accountability• Concept: Asking permission <p>Discussion: Experience with accountability and asking permission</p> <p>Demo: Asking permission and giving advice</p> <p>Practice: Closing the coaching session with accountability (incorporate the Waitangi wheel)</p> |
| Wānanga Porowhita 6: Communicating effectively | <p>Using your intuition to dive deeper, flip it and name it</p> <ul style="list-style-type: none">• Coaching Skills:<ul style="list-style-type: none">- Dive deeper- Flip it- Name it |

Certificate in Hauora Whakaako Practice
Wānanga Porowhita Outline

| WĀNANGA POROWHITA | LEARNING CONTENT |
|---|--|
| Wānanga Porowhita 7: Cultivating learning, growth and action | Explore ideas for bringing science into coaching Demo: Science and coaching Practice: Bringing science into coaching session on the tāngata whai ora agenda |
| Wānanga Porowhita 8: Putting it all together | Practice coaching and reflect on key take aways Practice: Bringing science into coaching session on the tāngata whai ora agenda Discussion: What's on your mind? |

ASSESSMENT

To pass your Hauora Whakaako Coach Program you must:

- Complete all your online modules in the Certificate in Hauora Whakaako Science by passing the tests with 75% or more.
- Attend and participate in all online live wānanga porowhita in the Certificate in Hauora Whakaako Practice.
- Complete a logbook with reflection of 2 x health coaching sessions that are between 20 – 60 minutes long.

LEARNING OUTCOMES FOR THE COACHING SKILLS WĀNANGA POROWHITA

The learner:

Understands the code of conduct, expectations, competencies and ethical guidelines required in the practice of Health Coaching.

Embodies a coaching mindset and demonstrates sound ethical Health Coaching practice.

Will confirm existing skills and knowledge they bring to the Health Coach role, just as they acknowledge the lived experience and knowledge of the people they work with.

Will practice how to establish a connection and rapport with the person whilst ensuring they are respectful of

their individual health perceptions and aspirations, honouring the tāngata whai ora agenda.

Will gain practical Health Coaching experience by practicing Health Coaching skills with other students in all Wānanga porowhita and the PREKURE Coaching Gym.

Practices utilising the resources and frameworks available to be able to work safely and effectively with tāngata whai ora in a friendly and supportive learning environment.

Will participate in peer feedback and reflection.

Will be able to frame their health science knowledge and practice walking alongside tāngata whai ora to support their health goals.

Will gain practical coaching experience of working with people with health issues.

Can demonstrate a range of communication skills that evoke awareness, are centred on active listening and are fundamental to the Health Coach role.

Is developing and practicing the use of the more sophisticated communication and engagement techniques and tools to support the tāngata whai ora agenda.

Can demonstrate the PREKURE Health Coaching process: co-creating the relationship; finding focus and desired outcome; communicating effectively; creating awareness; cultivating learning

and growth through accountability.

Recognises the tāngata whai ora as the expert of themselves and understands their own implicit bias, working towards finding cultural context that has meaning for the tāngata whai ora.

Knows how to build rapport with the integrated care team, communicate effectively and stay connected.

Understands the primary care environment as a moving working system, that requires the Health Coach to be adaptable and transparent in their practice and remain tāngata whai ora outcome-focused.

LEARNING OUTCOMES FOR THE SELF-DIRECTED COURSES

The learner:

Has a comprehensive understanding of evidence-based lifestyle medicine.

Will understand the science of lifestyle medicine and be able to discuss rationales and health benefits clearly and confidently with their tāngata whai ora.

Will understand and be able to practice behaviour change techniques to support tāngata whai ora health goals.

Will be able to promote tāngata whai ora physical, mental and social wellbeing through PREKURE lifestyle education and information.

Will understand bias and cultural competence and can build this into their practice.

Will use a person-centred approach to working with tāngata whai ora and members of the community to promote healthy life expectancy.

Will understand the economic and social burden of chronic health in our society and have the knowledge to discuss, refer and promote healthy lifestyle choices in their daily practice.

Will understand and demonstrate how to partner with tāngata whai ora in a thought-provoking and creative process that inspires them to maximise their personal and professional potential.



MAURI
ORA



The PREKURE Hauora Whakaako Faculty

Receive expert training & tuition from PREKURE's world-class faculty of leading academics, coaches and clinicians.



Dr Louise Schofield

Behaviour Change Expert and Health Entrepreneur with a PhD in Public Health.



Sonya English

PREKURE Lead Health Coach. Masters of Health Practice. Highly experienced critical care nurse in the acute treatment of people suffering from ill-health.



Jared Cannons

PREKURE Health Coach Trainer. Jared helps tāngata whai ora to make lifestyle changes that work for them and their whānau.



Toni Hansen

PREKURE Coach, personal trainer and performance coach with 20+ years' experience. A strong advocate for improved health outcomes for Māori.



Trinity Smith

Co-owner of Reclaim Fitness in Kaikohe. Personal trainer, with a positive community outlook on health. Pursuing her Masters in Sport, Exercise, and Health.



Dr Lily Fraser

Distinguished GP and passionate Māori health advocate. Clinical Director at Te Kaika, offering high-quality, affordable healthcare to Māori and Pasifika in Otago.²³



Prof Grant Schofield

PREKURE Chief Science Officer. Professor of Public Health. Renowned expert in human potential and performance. Co-Director Centre for Human Potential AUT.



Associate Prof Caryn Zinn

Registered Dietitian and AUT Associate Professor. Co-author of four best-selling books.



Dr Glen Davies

General Medical Practitioner (GP) specialising in type 2 diabetes. Aotearoa General Practitioner of the Year 2021.

