

Tātou tātou:

being with people and whānau



Your **body language** speaks volumes.

Listening is more than just hearing words.

When people feel **respected** they are more likely to achieve their health and wellbeing goals.

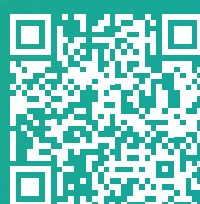


With mutual **trust**, people and whānau feel safe.

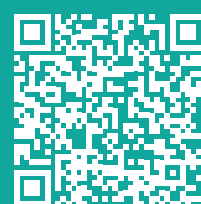
Your **authentic** self is your most important tool.

Let's get real

Real Skills for working with people and whānau with mental health and addiction needs



Visit
Let's get real



Download
the guide

