



June 2025

Your Wellbeing

We're well into the rhythm of campus life, so let's keep prioritizing our wellbeing! Explore this month's newsletter for tips inspired by the four dimensions of [Te Whare Tapa Whā](#) - you might discover something new to enjoy!

Taha Wairua - Spiritual

- **Matariki – 20 June**

Matariki is a time for remembrance, celebrating the present and looking to the

future. The three key principles for Matariki are:

- Matariki Hunga Nui (Remembrance)

Honouring those we have lost since the last rising of Matariki.

- Matariki Ahunga Nui (Celebrating the Present)

Gathering together to give thanks for what we have.

- Matariki Manako Nui (Looking to the Future)

Looking forward to the promise of a new year.

On Thursday 19 June the Marae will have a **Matariki Karakia & Breakfast (6.45am-8.00am)**. This wānanga will give us the opportunity to come together to acknowledge the arrival of Matariki through karakia, followed by a shared Matariki breakfast. We'll also be supporting an incredible installation by Rachael Pedersen, a current MCP student. For catering purposes, please register for this wānanga and noho by emailing marae@unitec.ac.nz.

- **Samoa Language Week 1-7 June**

The 2025 theme for Samoa Language Week is 'la malu lou sā. Folau i lagimā – A well-grounded self, is a successful self'. This is a great opportunity to celebrate the Samoan Language, get together with your teams and learn a song or proverb. You can find a range of resources on the official page [here](#).

Taha Hinengaro - Mental & Emotional

- **Learning Together Series: Understanding self and others to enhance interactions at work**

Thank you to everyone who attended the first in this 8-part series. There were some great takeaways like the 7 ways to enhance your emotional intelligence. Self-Awareness and Emotional Intelligence are crucial in forging new and maintaining current relationships with our colleagues. As we know that no two individuals are the same; differences in values will occur. If you were unable to attend this one you can check out the recording [here](#).

- **Learning Together Series: LGBTQIA+ Ally Awareness 26 June 12 - 1pm**

Join us for the second part in our 8-part series. This session aims to explore what the acronym means, highlights the importance of recognizing LGBTQIA+ in the workplace, as well as explore our own unconscious biases. Individuals

will learn how to become an ally within the workplace by building awareness, use of pronouns, and contributing to an inclusive workplace. You can register [here](#).

Taha Whānau - Relationships

- **Men's Health Week – 9 to 15 June**

Men's Health Week aims to help you get right on top of your biggest and most important asset – your health. Our sole purpose at MHW is to get guys to think a little more and know a little more about their health. Yep, it's all about you. We want to encourage men to start with the small steps that can enable them to turn their health issues around. Little steps can – and will – make big differences. We just have to start.

Register [here](#) for TELUS Health Men's Health webinar on 17 June 12-12.30pm and find out about the "big three" health issues: hypertension, cholesterol, and diabetes.

Taha Tinana - Physical

- **Sweat with Pride – 1 to 30 June**

Sweat with Pride is an amazing initiative that encourages participants to get moving and raise funds for LGBTQIA+ communities in Aotearoa. By signing up, you'll commit to exercising for at least 21 minutes a day throughout the month of June. It's a fantastic way to show your support, improve your fitness, and contribute to a great cause. Unitec has a Sweaty Betty's team which you can join by signing up [here](#). Once registered, you'll receive all the information you need to get started.

The Exercise Lab at Mt Albert are running free exercise classes on the following days:

Thursday June 5th 3:30-4:30

Tuesday June 10th 12:30-1:30

Wednesday June 18th 4:00-5:00

Thursday June 26th 3:30-4:40

- **Fitness Passport – Fuel for life Webinar 12 June 2pm – 3pm**

Thanks to our mates at Fitness Passport, we are excited to bring you this opportunity. Join us for this exclusive session where expert dietitians will share insights on how to fuel your body, enhance your energy, and support your overall well-being. Spaces are limited so register soon to grab your spot. You can register [here](#).

- **Fitness Passport – Annual Survey 2-30 June**

If you haven't taken part before, your feedback is extremely important and enables us to enhance the program, improve member experiences, and explore new ways to support your wellbeing journey! Non-members are also encouraged to participate - your insights are valuable in making Fitness Passport even better for everyone in our ecosystem. You can complete the survey [here](#).

Want to know more about what's happening in your local area? Check out more local events in the '[What's on in Auckland](#)' page.

Do you have any ideas you would like to share with the Wellbeing and Safety team, please get in touch, we would love to hear from you! safety@unitec.ac.nz.

Ngā mihi

Maree, Diane, Bruce and Inger.

Wellbeing and Safety team