



August 2025

Your Wellbeing

Winter brings shorter days and colder weather, so prioritising physical and mental health through exercise, social activities, and a good sleep routine can help boost your wellbeing during this time! 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

Te Wiki Hauora Wāhine - Women's Health Week 11-17 August

We all have woman in our lives we care about – our partners, friends, mothers, sisters, daughters and colleagues. This week is all about starting conversations, raise awareness, and encourage the woman we know or ourselves to prioritise our health and wellbeing. Whatever that looks like for you, it could be booking that overdue check-up, taking a break, or reaching out for support, small steps can make a big difference.

If you are curious, check out this fun quiz on woman's health [here](#).

Telus Health Webinar: Women's Health 19 August 12pm-12.30pm

This session explores the unique aspects of women's health, focusing on both physical and mental wellbeing across different life stages. Participants will gain a deeper understanding of key health issues affecting women, along with practical strategies to prioritise and improve their overall health.

[Register here](#) and all those who register will receive a link to the recording afterwards.

Te Rā Daffodil - Daffodil Day – Friday 29 August

Daffodil Day in New Zealand is the Cancer Society's annual fundraising and awareness campaign, symbolising hope and supporting people affected by cancer.

Ways you can get involved:

- Volunteer for Daffodil Day appeal, New Zealand's largest [street appeal](#) in your area
- [Fundraise at work](#) and go into the draw to win one of ten ticketing prize packs to a 2025 New Zealand Cricket international home match.

'Epetoma o te reo Māori Kūki 'Airani - Cook Islands Māori Language Week 3-9 August

The 2025 theme for Cook Islands Māori Language Week is 'Ātui'tui'ia au ki te raurau a tōku matakeinanga – "Connect me to the offerings of my people'. This is an awesome opportunity to celebrate the language, culture and identity of our Cook Islands community. You can explore resources [here](#).

Taha Hinengaro - Mental & Emotional

Mental Health First Aid Aotearoa- in-person, 2-day programme

Mental Health First Aid Aotearoa (MHFA) training from Te Pou is facilitated by expert Te Pūkenga kaimahi to equip you with the knowledge and confidence to approach or respond

to someone who is experiencing a mental health challenge, or mental health crisis, until appropriate professional help is received, or the crisis is resolved.

For more information, [watch this video from Mental Health First Aid Australia](#) or [get to know our MHFA facilitators](#).

Please note that these programmes are open to all kaimahi in each region, regardless of their current business division. However, there are limited spaces available for each of the sessions.

Unitec Tāmaki Makaurau | Auckland – 28-29 August- fully booked, join the waitlist
MIT Tāmaki Makaurau | Auckland – 27-28 November

[Register here](#)

Telus Health now onboard

How do I book a confidential session?

There are two ways of accessing the programme:

- Via the TELUS Health freephone on 0800 360 364 - call 24/7 to book
- Or via TELUS Health One app or [website](#).

Use the online appointment booking function to arrange a phone or video session on a date and time that suit you. You can select your counsellor's gender and specialisation when booking online.

How do I access the platform:

- Download the *TELUS Health One* app or visit one.telushealth.com
- Open the app, click on 'Log in' and enter your shared log-in credentials:
Username: Unitec
Password: wellbeing

Taha Whānau - Relationships

Financial Wellbeing Workshops

In honour of Money Month, we're offering a few online programmes to support your financial wellbeing. You'll find the dates and registration links below:

- **Mastering your Mortgage - 28 August 12:30pm - 1:30pm**

A Te Pūkenga wellbeing webinar: delve deep into mortgage basics, explore various types of mortgage loans and products, understand the power of compounding, and uncover strategies used by those who've successfully cleared their loans years ahead of schedule.

Register here to join this webinar and explore other upcoming financial wellbeing sessions: [Wellbeing programmes](#)

- **The truth about emergency funds and why they matter - building a life that bends but does not break - 7 August 12pm-1pm**

A Vitae Webinar: Unexpected expenses—like car repairs or medical bills—can quickly become overwhelming. This webinar isn't about budgeting spreadsheets; it's about building financial resilience. Learn how to protect yourself from financial shocks, overcome mental blocks around saving, and create a buffer that helps you breathe easier. Hear from a Vitae client who turned things around with expert advice. If you've ever found yourself hoping nothing goes wrong this month, this session is for you.

Register [here](#) for this free webinar.

- **Understanding your financial options: support, solutions and resources – 14 August 12pm-1pm.**

A Vitae Webinar: Navigating the financial system can feel overwhelming, but you don't have to do it alone. This webinar will help break down complex services, show you how to spot red flags, understand your options, and find the right support. It's also a great session for managers looking to confidently guide their teams toward helpful financial resources. Take a step toward clarity and control.

Register [here](#) for this free webinar.

Taha Tinana - Physical

Learning Together Series: Work Life Balance - 21 August 11.30am – 12.30pm

The idea of a perfect work-life balance often feels unrealistic. This webinar takes a more holistic approach, helping you define what balance means for you. You'll explore practical skills like boundary setting and time management and create a personalised care plan to support a healthier, more sustainable balance.

Register [here](#) and all those who register will receive a link to the recording afterwards.

Fitness passport will go live mid-August.

Fitness Passport is a corporate health and fitness programme that provides employees (and their families) with unlimited access to a diverse network of local fitness facilities—such as gyms, pools, and leisure centres—without being tied to a single location.

Register [here](#).

Click [here](#) to watch a Q&A session recording between Fitness Passport and our Wellbeing and Safety team.

Step Outside for a Better Break

Take your next break outdoors! Even a few minutes in the fresh air can boost focus, reduce stress, and spark creativity. Step away from your desk and enjoy the benefits of natural light and a change of scenery. With sunnier days ahead, consider taking meetings outside—or turn them into walking meetings for a healthy, productive change of pace.

Unitec Wellbeing and Safety Incident Reporting

If you notice a health and safety incident, a near miss, or even a small hazard, speaking up can make a big difference. Your actions could help protect each other and our ākonga and prevent future harm.

Unsure how to report? You can report incidents [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**