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| **Title of Workshop**  PATH – Empowering our peoples through a creative and mana-enhancing strategic planning process |
| PATH is a unique strength-based planning process promoting creative and guided visualisation with individuals, whānau and the wider community. It allows them to determine and develop their aspirational futures on their owns terms, while exploring their ideas in a systematic process. PATH encourages inclusion, diversity and collective input. It encapsulates models like Te Whare Tapa Wha, Tuakana/ Teina and so reflect a Māori worldview that everything is interconnected.  PATH uses symbols and colour to portray aspirations and dreams, creating powerful cultural imagery, visual and emotional anchoring and active engagement. The core value of PATH is that the Whānau or individuals develop the measures of success and determine what this success looks like to them.  Participants of this workshop will learn about PATH planning and how health and wellbeing is incorporated into the process, as well as hear first-hand accounts of people and groups that have used this tool to set their aspirations and work towards achieving them. Participants will also have the opportunity to go through the PATH planning process and develop their very own PATH that they will be able to take away with them.  **Objectives**   * PATH planning contributes to long-term sustainable change in developing and increasing their skill and knowledge of strength-based planning from a cultural perspective and how it supports and fosters a healthier lifestyle. * To increase opportunities for applying PATH planning in a health and wellbeing setting * To develop aspirational thinking within community and family settings to build capacity and capability. * To decrease inactivity and unhealthy lifestyles through a strategic approach to building better habits   **Format**   1. PATH Introduction, Background and History 2. How PATH align’s with Māori cultural values, practises and beliefs 3. Listen to first-hand accounts of people and groups that have used PATH 4. Participants develop their own PATH plan collectively or individually 5. Observations - How you can start applying PATH?   **Learning goals**   * Health practitioners, individuals, whānau and the wider community are using PATH planning in their communities. * Health practitioners, individuals, whānau and the wider community are achieving their goals and are working towards their potential. * More strategic leaders within communities that are able to self-navigate their aspirations and dreams * Community are active and living healthier lifestyles through PATH planning |