

WHĪTIKI TAUĀ

   VIRTUAL MENTORING

Mentor support - someone who'll have your back.

What is a mentor?

They're a consistent, reliable, non-judgemental person to kōrero with, ask questions and get guidance from.

You can talk to them about anything you want to - perhaps you're feeling unsure of what direction to take or facing challenges with friends, whānau, work or life in general.

Whīteki Tauā means 'we've got your back'.

Why have a mentor?

A mentor cares about you and your wellbeing, and are there for you when you need them.

A mentor can help you:

- ✓ grow your self-esteem and confidence
- ✓ work through tough situations
- ✓ set goals and achieve them
- ✓ work out what career or education you'd like
- ✓ celebrate your successes.

How does WHĪTIKI TAUĀ work?

Whīteki Tauā is a FREE virtual mentoring support service. It connects you to a dedicated person who you can have regular chats with for 12 months via phone or video call.

You can join Whīteki Tauā if:

- you're in Mana in Mahi or
- you're 18-24 years old and on a Work and Income benefit or
- you're 18-24 years old and have recently come off a benefit to start work or study.

Our mentors are from a range of backgrounds. We'll help you choose a mentor you'll connect with best and help you get to know each other.

To sign up or for more information,
visit whakarongorau.nz/whitikitaua
or call Whīteki Tauā on **0800 089 898**

