

## Meeting Notes from Tautoko Network Meeting

February 2021

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### Volunteer Teams and Wellbeing

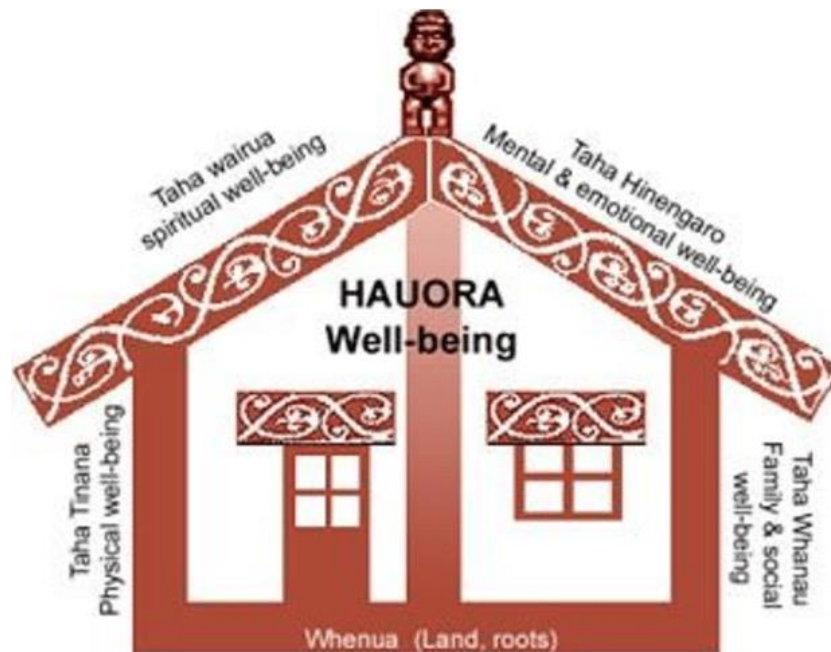
Many thanks to those who joined us at this week's *Tautoko Network: Supporting the Community Sector* session with Marina Taylor of Amplifyou. Marina talked about two mind sets:



The 'fixed mindset' is limiting, whereas there is freedom with the 'growth mindset'. We don't sit in either/or mindset at all times, we flip back and forth between the two. Which means that you can 'switch' - and you can 'cultivate' growth mindset. "Whether you think you can or you can't, you're right!". For more on this, Marina recommended checking out some of the work by [Dr Carol Dweck](#).

While there is safety in 'your comfort zone', taking on a challenge can lead to the space 'where the magic happens'. Identifying your core strengths - and those within your volunteer team - can lead you to place people in roles where they feel they can make a real contribution. This is a positive contributor to self-esteem.

The concept of Te Whare Tapa Wha was also raised:



If you are interested in a simple exercise to see where you are at in terms of Hauora using Te Whare Tapa Wha model, check out this [worksheet](#). Tweak and find which part/s are working at a high level, which part/s are in deficit. Identify it. Change it. Find out what works for you. *You are the expert of your life.* All four walls of the Whare need to be strong.

When leading volunteer teams, consider what 'a leader' means to you. Simon Sinek, a British/American author and inspirational speaker, talks of the role of leaders as being 'to take care of your people'. He recommends that you start by ['knowing your why'](#).

***Marina Taylor is the founder and director of [Amplifyou](#), coaching individuals and groups through obstacles holding them back to not only survive but thrive in their personal and professional lives, starting from the inside out. Having spent a decade advising and managing Healthy and Safety in the workplace across numerous organisations, Marina brings a blend of that knowledge and experience with coaching principles in her korero about the benefits of cultivating a healthy mindset to help manage demanding work/life challenges.***