



When everything fell apart, Te Heke Mai was there - Jacinta

All in one week we had a break in at work, my mum got sick, and I got evicted. At first I wanted to quit and move home. Te Heke Mai helped me talk to my family, boss, and landlord, and in the end I was able to keep my home, my job, and make sure mum was looked after by my sister.



I didn't feel good enough, Te Heke Mai helped me change that - Cory

It felt like everyone else I worked with got things straight away, and I was just dumb. I didn't feel like I was skilled enough to do my job. Te Heke Mai helped me find different ways to learn, and eventually improve. Now all my workmates are the ones asking me for advice!



This job wasn't for me, but Te Heke Mai found a path I could enjoy - Jacob

I was really good at my new job, but I hated it, I just wanted to prove to my mum I could keep a job. My coach helped me realise it wasn't working I hated, this job just wasn't right for me. She helped me find an apprenticeship I love, and I'm now on my way to getting qualified.

Get in touch today!

We can talk to you in-person, over the phone, or through video call to see how Te Heke Mai can work for you.

Te Heke Mai is available nationwide!



DOWNLOAD OUR APP

You can download our app from **Google Play** or the **App Store**



CONTACT US

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📘 Te Heke Mai

TE HEKE MAI



THE JOURNEY TOGETHER

Your online coaching tool to enable success

What is Te Heke Mai?

Te Heke Mai is an app and coaching programme.

The app gives you tools to set goals, and keep track of your progress, helping you to stay motivated and on the right path toward success.

Alongside this you get a coach who checks-in with you, gives you feedback and advice, and helps to guide you on your journey.



How will it help me?

Te Heke Mai helps to keep you on track. Whatever challenges life throws your way, our coaches are here to help you manage them. Through regular check-ins and self-reviews we keep you moving forward, and help you to achieve your goals.

We will be here to give you advice, find opportunities for you to learn and grow, and celebrate your successes with you.

Te Heke Mai Coaches

Our coaches...

- Listen and support you in challenging times
- Help you set achievable and meaningful goals
- Find opportunities and tools that meet your needs
- Help you to make positive life changes
- Guide you to develop skills and grow as a person
- Connect you to other supports you might need

What makes our coaches special?

Our coaches have lived experience; they have all been on a journey like yours. The coaches get well-rounded training too, but their passion for helping others, and their lived experience make them understanding, and easy to talk to.



The Tools You Get

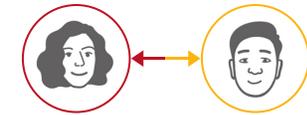
- Te Heke Mai app
- Connections to opportunities and resources through your coach
- Your Te Heke Mai coach
- Articles, tips, and tricks found in the Get Sorted section of the app

Receiving Coaching

Whichever option you use, you will still get access to the Te Heke Mai app, it's resources, and a coach to guide you through challenges and success.

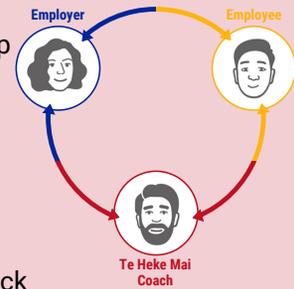
Direct to You

- You get a Te Heke Mai personal online coach
- You don't need an employer or organisation to play a role in your coaching
- We help to connect you to opportunities, achieve your goals, and succeed



For You and Your Supervisor

- You and your supervisor both work with the same coach
- We support you to develop and access growth opportunities in your job
- You receive all round support, while your supervisor receives work-related advice and feedback



For Your Organisation

- We give your organisation the tools to provide coaching and mentoring to you
- Our team sit in the background for support
- Your coaches use Te Heke Mai to complement their organisational expertise

