

# 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.

**Whīтики 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?

Whīтики 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 Whīтики 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.

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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](https://whakarongorau.nz/whitikitaua)  
or call Whīтики Tauā on **0800 089 898****

Having a mentor is awesome. Just knowing someone is there for you when you need them is so good.

I felt accepted for who I am so it made it a lot easier for me to accept myself - which made me more confident.

Being able to talk with someone who has supported and encouraged my growth.

*My mentoo is caring and trustwoothy and oaver judges me. He motivates me and supports me in pretty much everything I do.*

Helps me work through issues and see things from a different angle. Keeps me motivated to achieve my goals we have set, to reach my potential.

**HAVING A MENTOR  
HAS HELPED ME GET BACK  
ON MY FEET AND GIVEN  
ME A SAFE SPACE TO TALK  
ABOUT MY PROBLEMS**

Taking the time out to chat with me about what's going on in my life and taking great interest in my success.

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