

# Ngā aki kōrero poto hei whakahau i te tangata kia werohia.

Mō ngā Ngaio Hauora me te ohu mahi werohanga.

## 1. Ko te whakapae kei te hiahia te tangata kia werohia rātau.

E whakaatu ana ngā rangahau kāore te nuinga o ngā tangata i te mōhio mēnā me whiwhi wero rātau, nō reira me whakamanawa noa iho, me tuku kōrero, tautoko rānei hei āwhina i tā rātau whakatau i runga i te mōhio. Kia tūpatoka e pōhēhē mō te take e rangirua ana rātau, ā, kia maumahara he pūtake matatini pea ā rātau e roa nei tā rātau whakatau.

## 2. Kia maumahara he mahi whakapono te whiwhi wero.

Ka tipu te pono mā ngā whanaungatanga te whakamanawa me te hononga. Hei ngaio hauora kāore e kore ka whirinaki atu tō hapori ki a koe nō reira ka taea e koe te whakakaha i taua whakapono.

Kia tūpatoka ki te hunga kāore i pai ō rātau wheako i roto i tō tātau pūnaha hauora, i ētahi atu ratonga rānei, ka iti iho pea tō rātau whakapono ki te pūnaha, ā, ka hiahia pea rātau ki te kōrero ki te hunga ka kōrero mō ō rātau wheako, ki tētahi rānei o tō rātau ake hapori.

## 3. Me whakamahi te kaupapa Pātai-Kōrero-Pātai kia āta whakarongo ai.

Ina whakaputa whakaaro te tangata mō te werohanga, me tuwhera ō whakaaro ki te whakarongo ki ōna whakaaro. Mō ētahi meneti noa, ko rātau te tohunga: ko rātau anake kei te mōhio ki tō rātau ao me te take e māharahara nei rātau mō te whiwhi wero. Ko te āhua pea o tērā:

- PĀTAI:** Me tono i a ia ki te whakaputa i ōna whakaaro, ka whakaatu ki a ia ka whakarongo koe ki a ia me te kore e whakawā: *“Tēnā whakaputahia mai ō whakaaro? He pai tonu te rongoa atu i ō whakaaro.”*
  - *Kōrerohia atu tāu i rongoa ai ka pātai atu kia whakaungia e ia.*
- KŌRERO:** Mēnā ka whakaaraha e ia he māharahara ake, hei tauira, mō ngā pānga kino o te werohanga, ngā pānga wā roa rānei, me arotahi ki ngā painga e hiahia ana koe ki te whakaputa tē pare noa iho ai i ōna māharahara, kōrero teka rānei mā ngā kōrero tika (tirohia te aki 4 kei raro).
- PĀTAI:** *“Kei te pai tērā ki a koe? He pēhea ō whakaaro mō tērā?”*

## 4. Me whai i ngā uara i mua i ngā taunakitanga.

Kia maumahara, me whai i ngā kōrero ā-uara mō te manaaki me te aroha mō ngā tāngata i roto i te hapori, he pai ake tēnei mō te whakatau i tōna wairua tēnā i ngā taunakitanga mō te haumarua me ngā mōrea. Me kōrero mō te take he hira te werohanga ki a koe, ā, me te take he mea nui ki a koe hei ngaio hauora. Ko te nuinga o ngā tāngata ka hiahia ki te tiaki i te hunga mōrea o tō rātau hapori, me te tautoko i te hunga e tata ana ki a rātau. Ka hiahia pea koe ki te kōrero mō te hono ki a koe, kia ōrite ai koe me te whakatipu i te pono.

## 5. Whakamahia te reo māmā me ngā kupu whakarite whitake.

Ka whāiti pea ngā mōhio o te tangata mō te āhua o ngā pūnaha hauora me ngā werohanga, me ngā kupu e pā ana ki tērā. Mā te whakamahi i te reo māmā me ngā kupu whakarite hāngai ka āwhina pea i a koe kia whānui ake tō rātau mōhio. He whitake pea ngā kupu whakarite ako, wheketere, waihanga, utauta hoki mō te kōrero mō ngā werohanga. Hei tauira:

- *“Ka whakakaha ake ngā werohanga i te pūnaha ārai mate e whai kaha tūturu ai ki te papare i ngā mate.”*
- *“Ko ngā paturopi e tiaki ana i a tātau ka hangaia e tōu ake tinana.”*

## 6. Kei wareware ki te tino whakahau i te werohanga.

I muri i te PĀTAI-KŌRERO-PĀTAI me whakahau anō i te tangata kia werohia ia. Heoi, ko ngā kōrerorero tino whāihua ko ērā e tūhono ana i te tangata, ehara ko te whakatika i a rātau. Mēnā ka manaakitia e koe te tangata, ka aro ki ōna māharahara, me te whai anō i ōna uara, ka kōwhiri pea ia ki te whiwhi wero, mēnā kāore inakuanei, akene āpōpō pea - nā runga i ngā kōrero i waenga i a kōrua.

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