

Who's your
go-to person for a
good yarn?

Ko wai tōu/ōu
pou whirinaki?

How do you
keep in touch
with the people
in your life?

Me pēhea koe
e tūhonohono ai
ki tō whānau me
ō hoa?

Who is someone
you'd like to
reconnect with?

He hiahia nei
tāu te whakahono
atu anō ki tētahi
atu?

How do you
take a moment
to check in with
yourself?

Me pēhea koe e
whai wā ki te noho
me te whakarongo
ki tō wairua?

What's something
nice someone
has done for you
lately?

I ānei rangi
tata nei, he aha
fētahi mea pai,
kua mahia e
fētahi mōu?

Are you a texter
or a caller?

Ka pātuhī, ka
waea rānei?

What do you do
to look after your
wellbeing?

Me pēhea koe
e tiaki pai ai tō
hauora?

Which of the four
pou of Te Whare Tapa
Whā do you need to
focus on more for
your wellbeing?

Kia ora pai ai tō
hauora, me whāngai
koe I tēhea o ngā pou
o tōu ake Whare Tapa
Whā I tēnei wā tonu?

Who is one
person that had a
positive influence
on you?

Ko wai mā tētahi o ō
kaiwhakawawe?

What is a
whānau tradition
you still
continue today?

He tikanga
ō-whānau tāu e
whakara tonu
ana i a koe i ēnei
rangī?

What languages
are spoken
amongst
your whānau and
friends?

He aha ngā momo
reo e rere ana ki
waenganui i tō
whānau me ō hoa?

Who is someone
you are proud of?

E whakahihi
ana koe ki a wai?

Where is the
most beautiful
place you have
ever been?

Ko hea te wāhi
fino ātaahua ki a
koe?

What do you do
to manage when
life gets too busy
or hectic?

Mēnā e mauri
rere ana tō ao, me
pēhea koe e
whakatau ai i a
koe anō?

How do you
de-stress?

Me pēhea koe
e whakatau ai
tō mauri?

What is
something you
are grateful for?

Oho ake ana i
te ata, he aha ngā
mea e fiti kaha
ana ki te ngākau?

What are the things that help you have a great day at work?

He aha ngā mea hei hāpai ake i tō rangi?

What is something you'd like to get better at?

He pūkenga rānei ōu e hiahiaitia ana te whakapapakari?

Dream big - what's something you'd like to try?

Whāiaia te pae tawhiti kia tata - He aha pea tō pae tawhiti e whāiaia ana kia tata?

What is something people may not know about you?

He pūkenga, he wheako huna rānei ōu kāore anō kia mōhioitia? whānuitia?

What type of
music do you like?

He aha ō tino
momo waiata?

What would be
your ideal way
to spend the
weekend?

He aha ō tino
rangī okioki?

What is
something you do
outside of work
that you really
enjoy?

Atu i āu mahi,
he aha tētahi
tino kaupapa e
ngākaunui ana
koe?

What is
something you
loved doing as a
kid?

I a koe e
tamariki ana,
e ngākaunui ana
koe ki te aha?