

Te Pikitia a te Whānau – The Whānau Wellbeing Tool

About the tool

Te Pikitia a te Whānau¹ is a kōrero-based whānau wānanga – a collective learning process that whānau work through over a day or two.

This psychometric² tool is for whānau to measure their wellbeing and evaluate their progress against wellbeing measures over time. That is, carefully designed and worded questions get whānau to think and kōrero about the following different areas of whānau wellbeing:

- **Aukaha** – things that bind whānau together and keep us strong, flexible, and resilient.
- **Hononga** – bonds with te ao Māori.
- **Herenga** – ties to local communities, resources, and services.

Te Pikitia a te Whānau also supports whānau to collectively transform their lives through reflecting on their collective journey to date and their future aspirations.

Te tool consists of three kete wānanga that whānau work through together:

- Kete Tuatahi: Tūtaki – Introduction to the wānanga and the tool
- Kete Tuarua: Tohutohu – Indicators of whānau wellbeing journeys
- Kete Tuatoru: Whakaata – Whānau reflect on their past, present, and future.

Te Pikitia is based on the E Tū Whānau principles of Te mana kaha o te whānau, māoritanga, whakamana, rangatiratanga and kotahitanga.

Whakapapa

The mana and foresight of Ann Dysart (founding Pou Whakahaere of E Tū Whānau) are behind the development and publication of Te Pikitia a te Whānau, The Whānau Wellbeing Tool as well as Te Whakaoreore Aromatawai Hāpai ki te Hapori – The Community Mobilisation Assessment Tool.

Whaea Ann knew that understanding how and why change occurs is vital to building an evidence base in Aotearoa around what makes a difference for our people. She also knew that understanding this is not easy – especially in complex community spaces.

Whaea Ann was always confident that E Tū Whānau was making a difference and that we would need to develop bespoke tools to better understand these changes.

She was steadfast in her belief that to be meaningful to Māori, any mahi in this space had to come from our people – from our lives, and experiences – from our own world view.

Te Pikitia a te Whānau was developed and refined by Dr Finley Ngarangi Johnson and Dr Zachary Penman with the support and involvement of E Tū Whānau kaimahi, and hapori and whānau connected to E Tū Whānau, including Te Hapori Ora, Waitomo Papakāinga, and the Hauraki, Parata and Taia whānau.

¹ “Pikitia” is a kupu (word) used in the traditional narrative of the ascent of Tāne-o-te-Wānanga (also known as Tāwhaki o te Toi-o-Ngā-Rangi) to the uppermost realm of the heavens, searching for ultimate knowledge and enlightenment.

² Psychometric – scientifically robust methods of quantifying and measuring mental attributes, social attitudes and behaviours etc.