

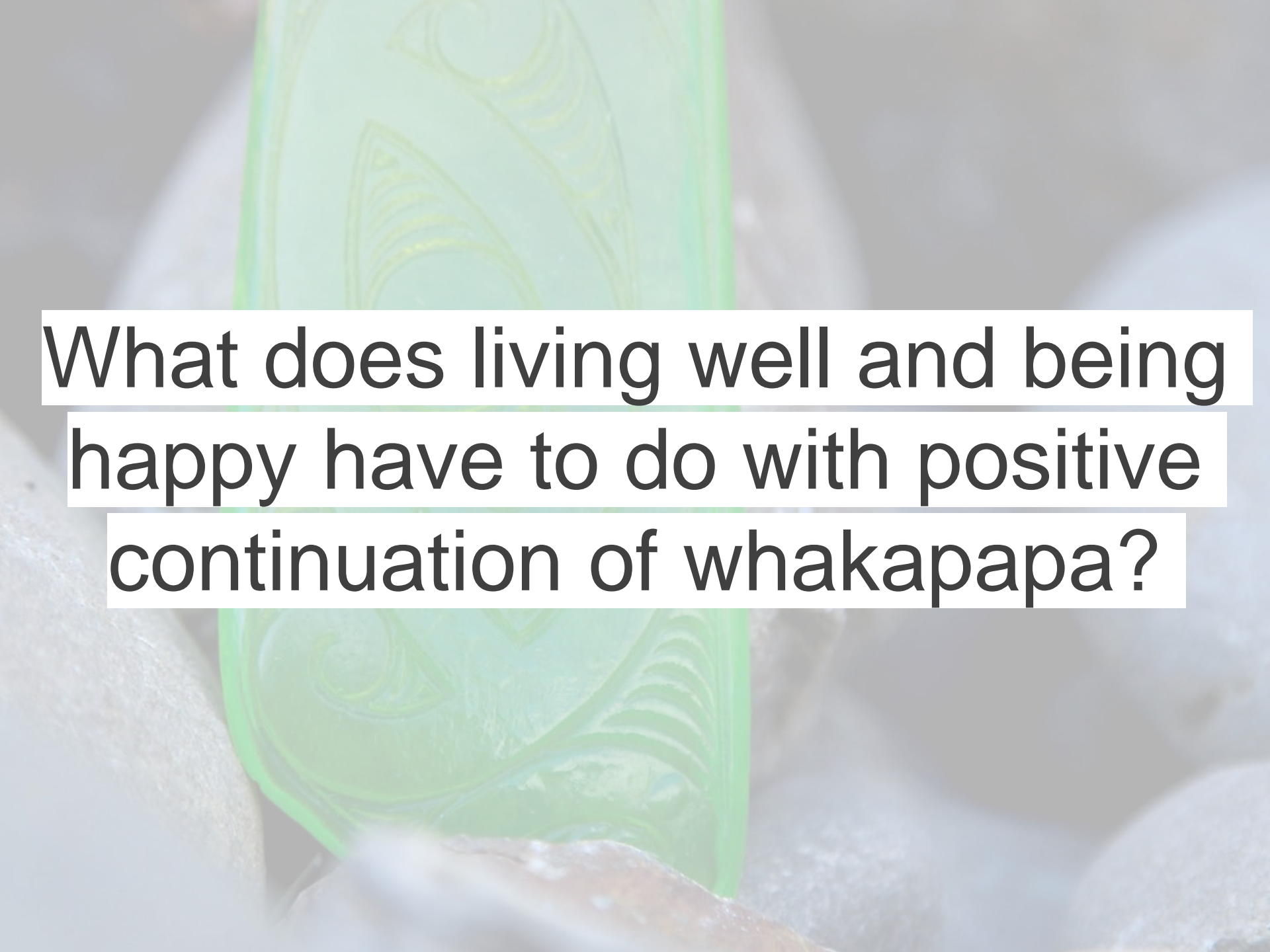
# Kia ora - Eudaimonia and being well

Hariata Tai Rakena

TOITANGATA<sup>TM</sup>



TOITANGATA<sup>®</sup>

A green glass bottle with a fish design is the central focus, set against a background of a beach with grey rocks and sand. The bottle is partially filled with a light-colored liquid. The text is overlaid on the bottle and background.

What does living well and being happy have to do with positive continuation of whakapapa?

# Discussion Points

Happiness - Eudaimonia vs Hedonism

Motivation Continuum

Basic Psychological Needs

Reflective Practice

Eudaimonia in practice

# Happiness

A decorative graphic consisting of two vertical, symmetrical swirls made of thin white lines, positioned behind the word 'Happiness'.

## Eudaimonia vs Hedonism

Fostering Positive Health through Māori

Nutrition and Physical Activity



# Three components of Eudaimonia

- Striving to best version of self
- Self aware and engaged with the content of self
- Autonomous in their pursuit

# Contributing Theory

Motivation Continuum

Fostering Positive Health through Māori  
Nutrition and Physical Activity

Basic Psychological Needs

Reflective Practice

# Eudaimonia in Practice



TOI TANGATA®

Fostering Positive Health through Māori

Nurture and Physical Activity

**Research goal - To facilitate a sustainable, independent satisfaction of basic psychological needs through physical activity training**

# Eudaimonic principles identified in research

- **Supporting an increase in intrinsic regulation towards exercise**
- **Facilitating a self endorsing and self directed individual**
- **Supporting the client in pursuing a best version of self**
- **Surprise - client walking to facilitate personal reflective practice**

TOI TANGATA<sup>TM</sup>



TOI TANGATA<sup>®</sup>