

The tool - Te Whare Tapa Whā

Feeling respected,
psychological safety

Relationships,
belonging, support

Te taha hinengaro
Mental & emotional
well-being

Te taha whānau
Social well-being

Safety, comfort,
energy levels at work

Te taha tinana
Physical well-being

Te taha wairua
Spiritual well-being

Sense of purpose,
alignment with values

Mason Durie (1994) Te Whare Tapa Whā concept of hauora