



EMBRACING MATARIKI IN THE WORKPLACE

The rising of Matariki signifies the beginning of te tau hou Māori, the Māori new year.

Matariki is a cluster of nine stars featuring Matariki, the star that represents good health and prosperity; Pōhutukawa, the star that represents death; Tupuānuku, the star that represents food grown in the ground; Tupuārangi, the star the represents foods that is grown above our heads or from the sky; Waiti, the star that represents fresh water kai; Waitā, who represents the kai we gather from the sea; Waipunarangi, who represents the rain, Ururangi, who will determine the nature of our wind; and Hiwa-i-te-rangi who represents our hearts' desires and wishes.

When the Matariki cluster shines brightly, it signifies a year of good fortune and health.

Mānawa maiea te putanga
o Matariki

Mānawa maiea te ariki
o te rangi

Mānawa maiea te Mātahi
o te tau

Celebrate the rising of
Matariki

Celebrate the rising of the
lord of the sky

Celebrate the rising of the
new Year

HOW CAN WE EMBRACE MATARIKI?

Matariki is a time to remember those we have lost and what we have accomplished throughout the past year. Let this be a time for us to move forward and rejuvenate for the year ahead in our homes and our workplaces. Come together with colleagues to celebrate the wins and losses of the year by sharing kai and learning more about the significance of Matariki for Māori and wider Aotearoa New Zealand.

HERE ARE SOME GREAT WAYS TO CELEBRATE MATARIKI AT WORK;

- Launch or celebrate an initiative related to Matariki – consider te reo Māori lessons in your workplace or a deep dive into the history of Aotearoa such as a workshop on the New Zealand Wars
- Kai – prepare a hangi and share kai with karakia at work.
- Morning tea with a shared reflection/kōrero about people or a person who has passed on and the legacy of their work
- Matariki spaces - creating spaces in your office where staff members can share images, stories or purakau (story telling) about their whānau and connections in the community you serve.
- Promoting whānau wellbeing programmes in the workplace around health, hinengaro (mind, conscious thoughts), whānau and healthy lifestyles or role models.
- Developing a daily five-minute quiz to educate people about Matariki.
- Review your organisation's strategy - does it reflect renewal, reflection, an intergenerational view? Does it consider the natural environment/hāpori and your cultural context?
- Whakangahau - encourage teams to learn a waiata Māori, video it for an in-house fun event to celebrate Matariki.
- Governance - seek input from your Board to demonstrate Matariki leadership, a commitment to the kaupapa (resources/deliverables) by renewing the organisation's vision and strategy. Go to a local marae, engage with mana whenua and embrace tikanga Māori to underpin the strategy and visioning process.

Get stuck into local events being held in your own hapori (community) - go out and learn.



FOR MORE INFORMATION

visit livingbythestars.co.nz and www.matariki.net.nz