

TUU- MANA

Healing In Reflection

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What is Tuu- Mana

*Maori-Informed, trauma-informed
framework supporting:*

TU

**Strength • U • Courage • Challenge •
Vulnerability**

MAN

Identity • Connection • A • Belonging • Worth



Self-Acknowledgement (Aro-Mohio)

“What is one thought, behaviour or response you recognise in yourself — but don't fully understand?”

1. “Notice it. No story required”.



Self- Validation

a) *"I notice it - I
begin to*

understand it":

Self- Movement

Whakamua)
*"Now that I can see it
and understand it —
what do I do with it?"*



Why



Reflection

Notice



Understand



Move



**What Becomes
Possible**



**Movement
identified by the
person**

