



WHERE ARE YOU FROM?

Born in Kawakawa, raised in South Auckland

WHAT ARE YOUR IWI AFFILIATIONS?

Ngatihine, Ngatiwai me Ngāti Kahu

WHĀNAU INFO (optional):

I married into Ngāti Whātua 10 years ago and have 4 children and 2 hard case dogs (that actually think they're people)

BACKGROUND:

Having my first child at 16 gave me the grit to work hard and provide for my family. I completed an education degree but decided public health was more my thing so I started my Post Grad Diploma in Health Sciences. I've worked with NGOs, Iwi Providers, DHBs and contracting (self employed) and have been engaged with Kia Ora Hauora for the last 5 years as the Northern Regional Coordinator. I love research and have co-authored two articles in medical journals.

WHAT'S THE BEST PIECE OF ADVICE YOU'VE EVER BEEN GIVEN?

Happy wife, happy life! My husband will agree...hahaha

WHAT'S YOUR FAVOURITE WORD IN TE REO MĀORI?

pukemata...facebook lol

WHAT'S THE MOST IMPORTANT THING YOU'VE LEARNT IN LIFE?

The best rewards in life are those you've worked hard to earn!

WHO INSPIRES YOU?

People who speak their truth

WHAT ARE YOU PASSIONATE ABOUT?

Finding happiness and contentment in everything I do

WHAT ARE YOUR INTERESTS AND ACTIVITIES OUTSIDE OF MAHI?

Eating, Sleeping and Sport shopping...it is a sport and I could probably make the Olympics in this department

WHAT ADVICE WOULD YOU GIVE SOMEONE WHO WANTS TO PURSUE A CAREER IN HEALTH?

Come and talk to us...lets find out what you need and where you can go. Engage in the tertiary preparation programmes from the institute your considering. A Health career has huge rewards for your whānau and contributes to the economic, educational and social growth for your hapu/iwi.

WHAT CONSTITUTES A GREAT DAY?

I'm happy, my whānau is happy and my to do list is conquered

WHAT IS YOUR FAVOURITE MOVIE?

Right now...anything produced by a NZer

WHAT IS YOUR FAVOURITE SONG?

Sweetest thing by Lauryn Hill