

## TRUDY THOMSON - TE WAIPOUNAMU REGION



WHERE ARE YOU FROM?

Arahura: West Coast of the South Island

WHAT ARE YOUR IWI AFFILIATIONS?

Ngāi Tahu

WHĀNAU INFO (optional):

In my home I have my husband, three kids, one amazing moko, one taua that we couldn't work without, one dog and a shared rabbit.

**BACKGROUND:** 

Started off as a hairdresser out of school, worked in catering, looked after kaumatua, and best job ever being a mum and now a taua. I have worked in a whānau owned and operated business since 2002, not one day is the same and that's what I love about my mahi.

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

What is good for Māori is good for all!!

WHAT'S YOUR FAVOURITE WORD IN TE REO MĀORI?

Kia Ora

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

Be kind and take the time to listen

WHO INSPIRES YOU?

Mv mum

WHAT ARE YOU PASSIONATE ABOUT?

I'm passionate about supporting rangatahi Māori to meet their potential

WHAT ARE YOUR INTERESTS AND ACTIVITIES OUTSIDE OF MAHI?

Watching any of our kids play sports, Gardening, Watching Netflix, Reading a good book

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

Why would you not, there is a health sector in every country in the world and there always will be. The rewards of working in health are endless.

WHAT CONSTITUTES A GREAT DAY?

Spending time with my husband/whānau, watching a good movie having a great meal together.

WHAT IS YOUR FAVOURITE MOVIE?

Blind Side

WHAT IS YOUR FAVOURITE SONG?

Stan Walker Thank you. At the moment I go all over the place with music, but you gotta love Stan.