

YOU Matter

Supported growth | Tupu ora

AWDT
Agri-Women's Development Trust
Supported growth

A special invitation to pause, re-energise and build the courage, mindset, skills & connections for recovery

Agri-Women's Development Trust warmly invites you to a special programme for women in the primary sector and rural communities who have been affected by severe weather in 2023.

When we are busy doing the mahi, we often don't notice how we are tracking or that we are starting to wobble. Set aside the to-do list and take some time out – because YOU matter.

Discover the power of giving yourself permission to pause, connect, re-energise and learn in a calm, safe and supportive space. Oh, and have some fun in the process!

What you will discover...

- A new awareness of yourself, and how to use your strengths and values to guide your short or long-term decisions and next steps
- Practical tools and techniques to support your own wellbeing and resilience, and that of your whānau, team or community in the recovery
- New goals, however small, and a realistic action plan to support yourself and the people and places you care about
- Lasting connections with women united by shared experiences



Programme	Part 1	Part 2	Part 3	Part 4
YOU Matter 1 Pawarenga 19 Feb – 26 April	Marae-based wānanga Ōhaki Marae 19-21 February 2024	Group Session Online	Reconnect	Group Session Online
YOU Matter 2 Tairāwhiti Feb – April 2024	Marae-based wānanga Location TBC End of Feb, TBC, 2024			
YOU Matter 3 Wairarapa 21 Feb – 19 April	Residential Pūkaha Mt Bruce 21-23 February 2024			
YOU Matter 4 Tairāwhiti 26 Feb – 26 April	Residential Eastwood Hill 26-28 February 2024			

Registration & more info

www.awdt.org.nz/programmes/you-matter
Places are limited to 14 women.

Cost & commitment

Thanks to AWDT and MPI the programme is funded. You will need to contribute \$150 + GST for accommodation and meals.

YOU Matter feedback

"It's given me time to actually pause and reassess as just been stuck in survival mode."

"This was space of trust, care and genuine understanding - absolutely enhanced by the residential setting."

"Inspiring to hear other stories and realise others out there are experiencing the same things and I'm not alone."

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Agri-Women's Development Trust (AWDT)



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