

IT'S ALL ABOUT

ABOUT

THE CLIMB

TASH
BRILL



Tūtawa mai i runga
Tūtawa mai i raro
Tūtawa mai i roto
Tūtawa mai i waho
Kia tau ai
Te mauri tū
Te mauri ora
Ki te katoa
Haumi e, Hui e, Tāiki e!

Come forth from above,
below, within,
and from
the environment
Vitality
and well being, for all
Strengthened in unity.

KARAKIA

WHY?

To **Connect** Wairua (Spirit), Tinana (Body), and Hinengaro (Mind)

Karakia helps us enter a space fully present.

Whether it's before sport, learning, or hui, it grounds us and prepares us mentally, emotionally, and spiritually for the kaupapa ahead.

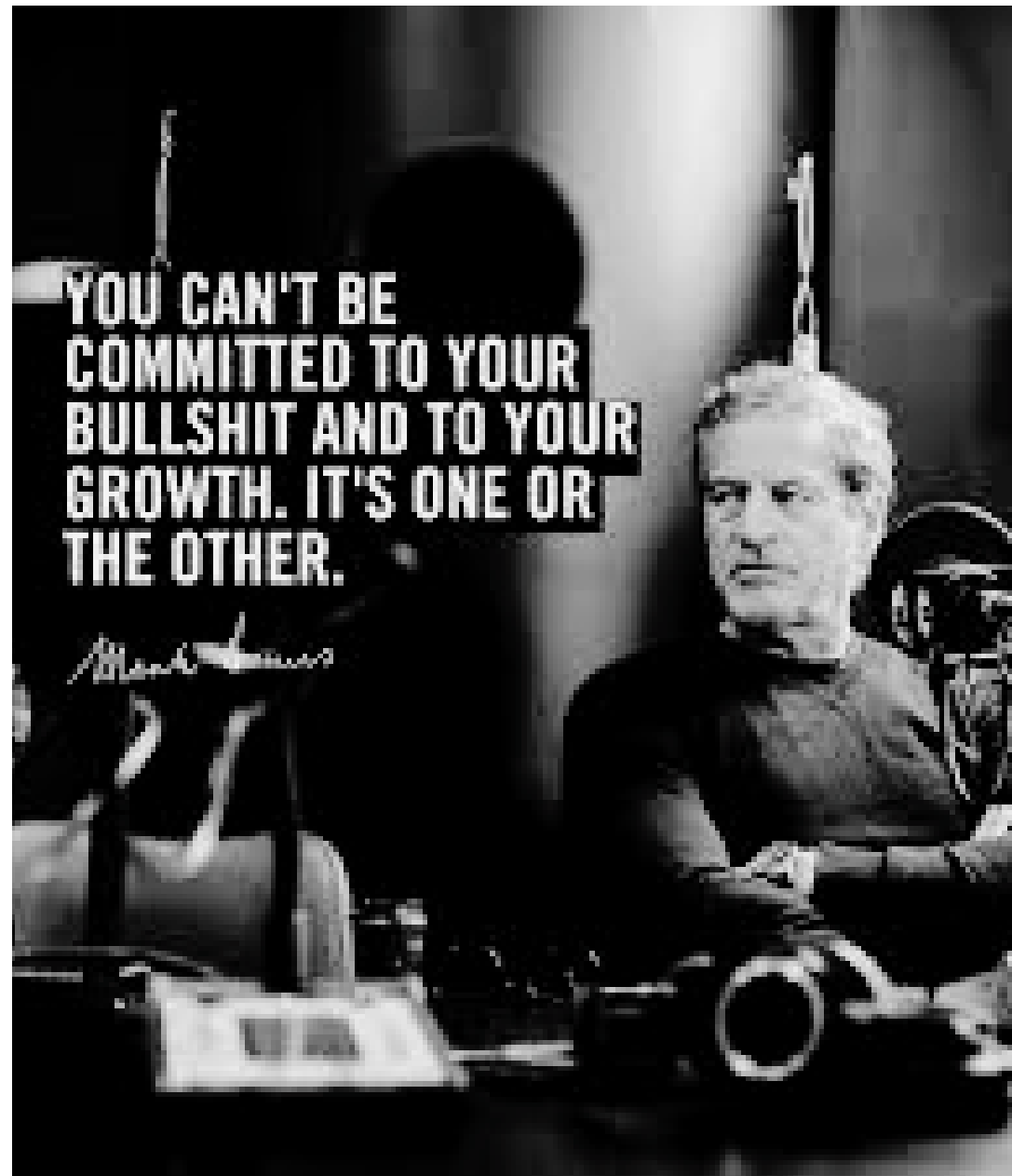
To Show Respect

We karakia to acknowledge the people, the space, and the taiao (natural world). It's a way of saying: "I see you, I respect this moment, I don't take it lightly."

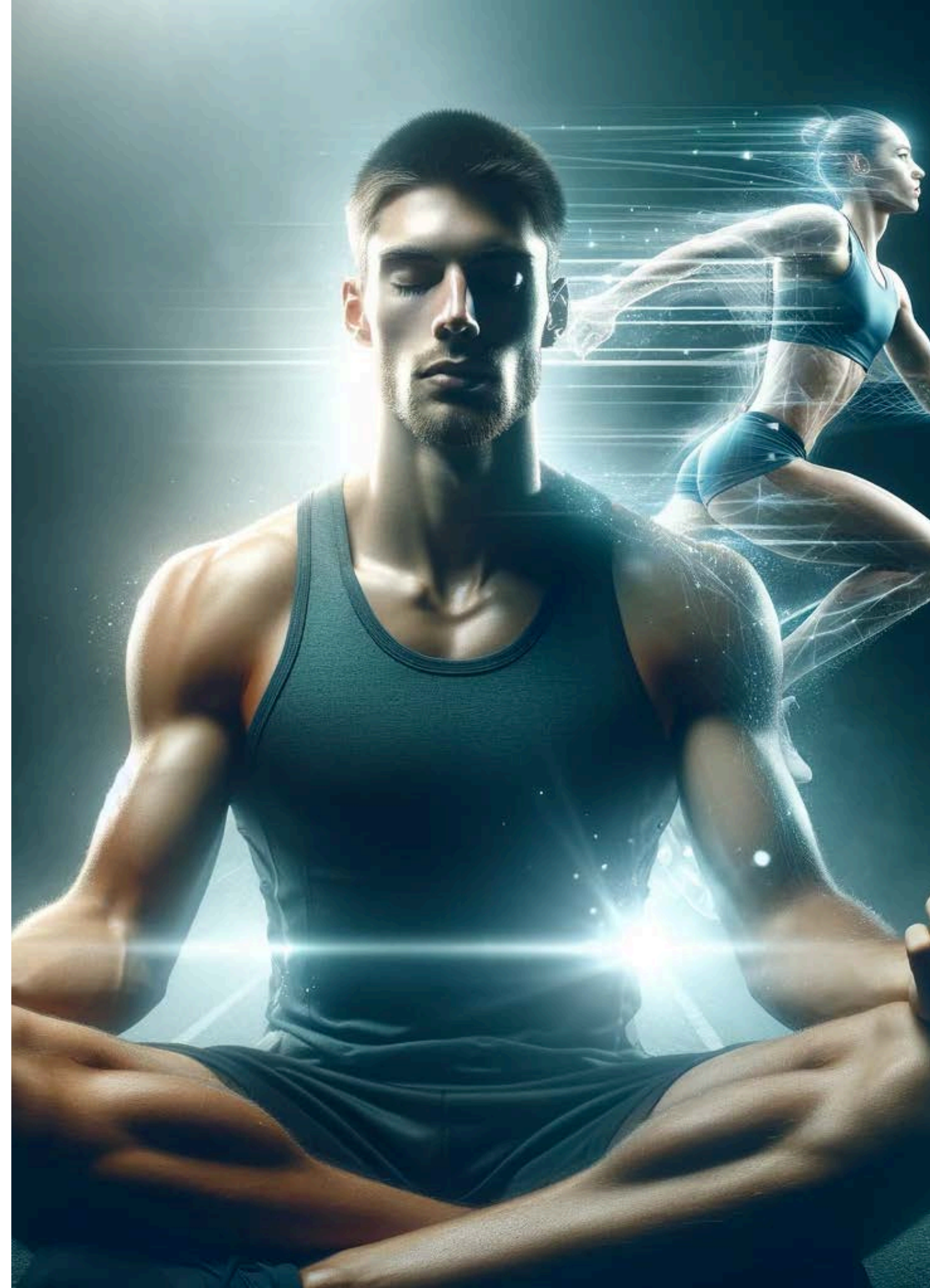
Just like athletes use breathing or music to get in the zone, karakia is our way to prepare with purpose and connection.

KARAKIA AS SPORT PSYCHOLOGY

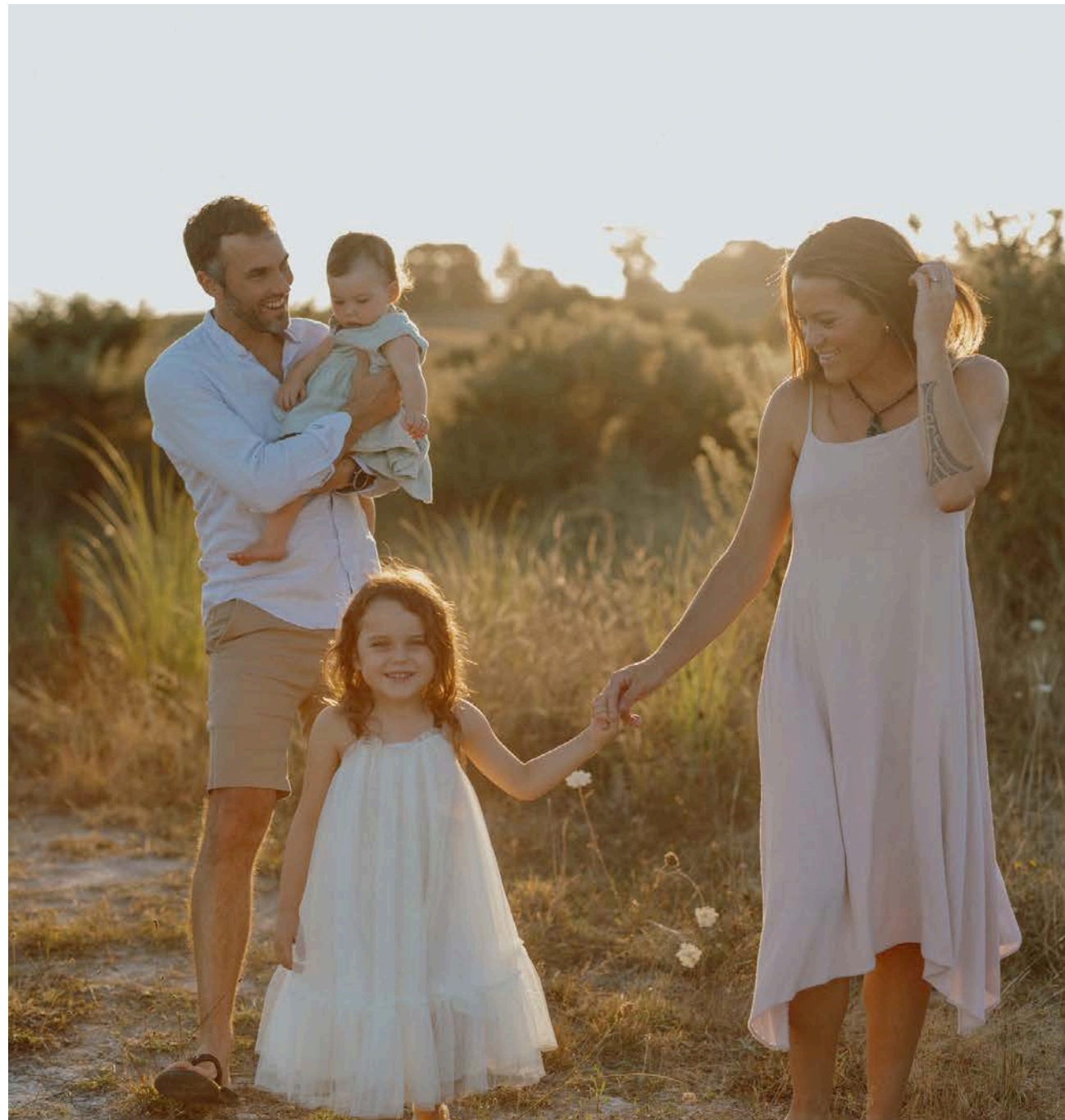
"KARAKIA PREPARES US LIKE A MENTAL WARM-UP. LIKE ANCHORING, OR BREATHWORK IN SPORT PSYCH."



- BEGIN EVERY SESSION WITH KARAKIA.
- NOT A TICK, IT'S INTENTION.
- GETS BODY, MIND, AND SPIRIT ALIGNED.
- A CHANCE TO BE PRESENT, RESPECTFUL, AND GROUNDED.



WHO AM I?



Ko Rangitoto te maunga
Ko Waitematā te moana
Ko Tokomaru te waka
Ko Urenui te awa
Ko Wharekauri te motu
Ko Ngāti Mutunga rāua ko Ngāi Tahu ōku iwi
Ko Pomare tōku whānau
Ko Raewyn tōku māmā
Ko Peter tōku pāpā
Ko Simon tōku tāne
Ko Silvie Awhina rāua ko Shiloh Kaea āku tamariki
Nō Tāmaki Makaurau ahau
Kei Kirikiriroa ahau e noho ana ināianeī

KO TASH TOOKU INGOA



CONNECT

01

WHAKAWHANUANGATANGA

02

the ihi effect

STORYTELLING

MĀTAURANGA

03

There are some big contenders.

04

Creatives have work to do.

DELIVERABLES

CONTACT US

05

The way to reach us

DISCLAIMER



I AM NOT AN EXPERT

WHAT I TALK ABOUT MAY
DIFFER IN YOUR AREA YOU
LIVE IN

ITS ABOUT SHARING "MY"
JOURNEY SO FAR

ITS NOT PERFECT BUT, IT IS A
START,



WHERE DO I START

WHERE IT START

Chatham Islands (Wharekauri) with my Grandad
Rototuna Senior High School

- Amy Kaukau
- Tutu with Whanaungatanga Model

NEK MIN....

Maternity Leave = Volenteer Media (PENZ)

Atua Matua - Dr.Ihirangi Heke

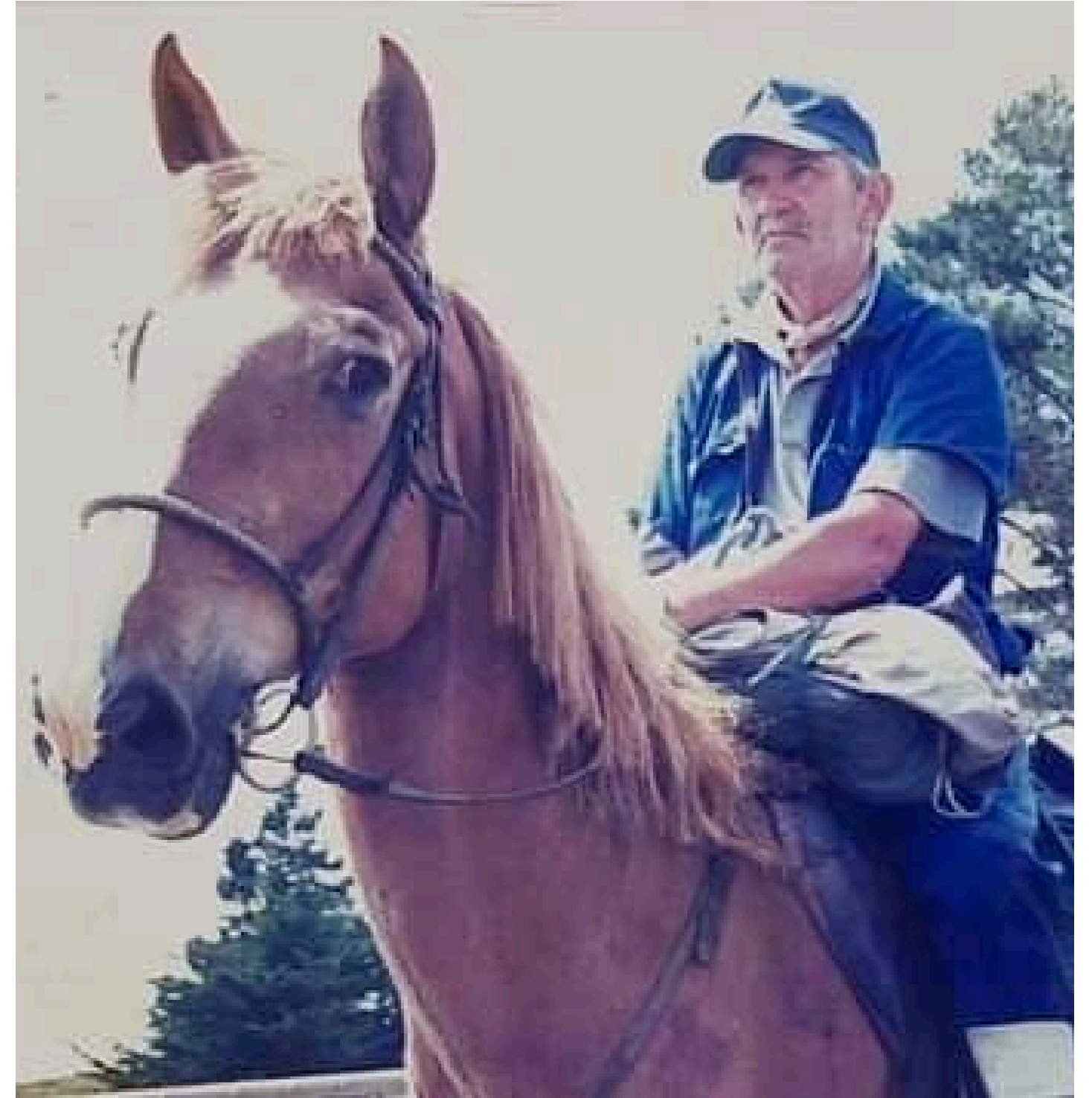
Mind blown

Coaching Waikato Womens Hockey

team....Playing Waikato Womens team

Maverick Ass.Coach (Like super rugby)

NZ 21s Coaching



WHAKAWHANUANANGATANGA

Objective: Use only your breath to move a ping pong ball around the table and into a cup at the end. Work as a team!

What You Need:

- *1 ping pong ball per group*
- *1 table*
- *1 empty plastic or paper cup (placed at the end of the table)*

RULES

- No hands allowed, only your breath can move the ball.
- Work together to keep the ball on the table and guide it into the cup.
- No touching the table or ball.



WHAKAWHANUANGATANGA

Debrief:

- What strategies emerged?
- What did you notice about how you used your breath as a tool?
- Did anyone naturally step into a leadership or support role?
- What did this activity teach you about the power of intention, wairua, and connection?

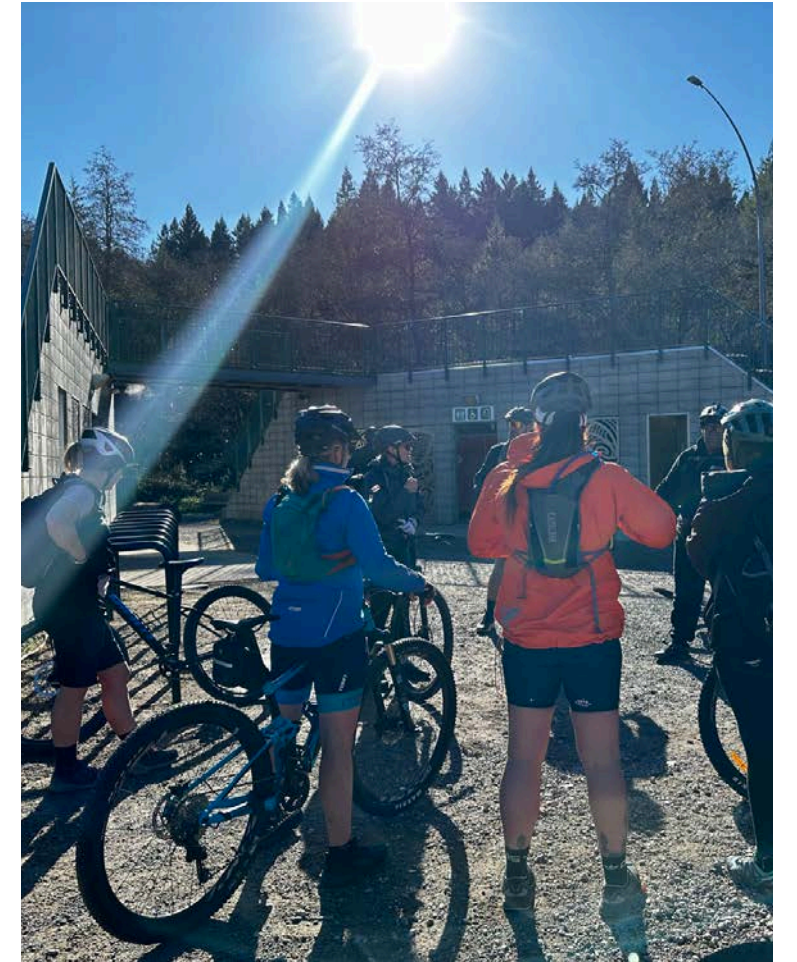
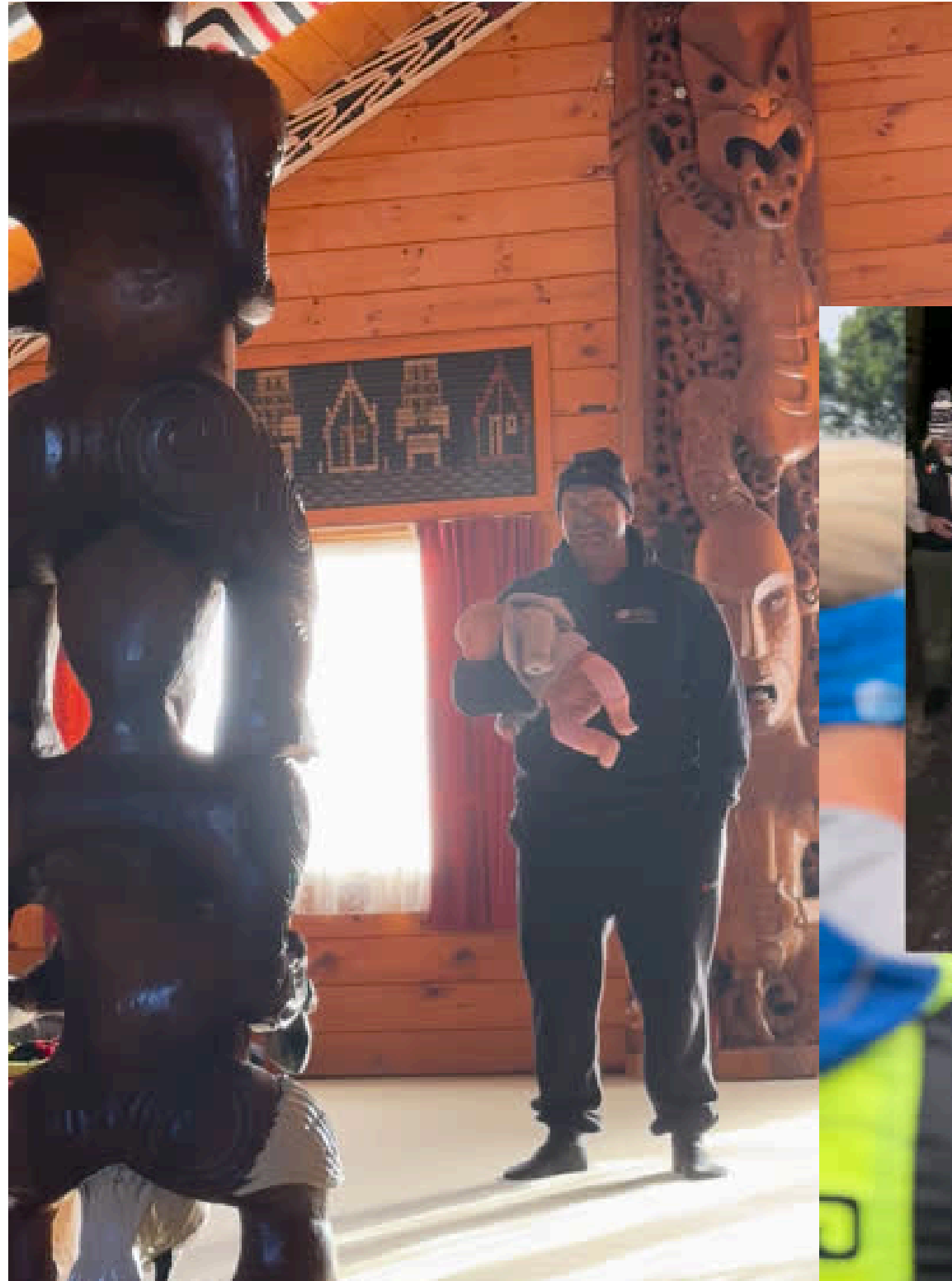
Link to Presentation:

This activity reminds us how something as simple as **hā (breath)** can connect us physically, mentally, and spiritually.

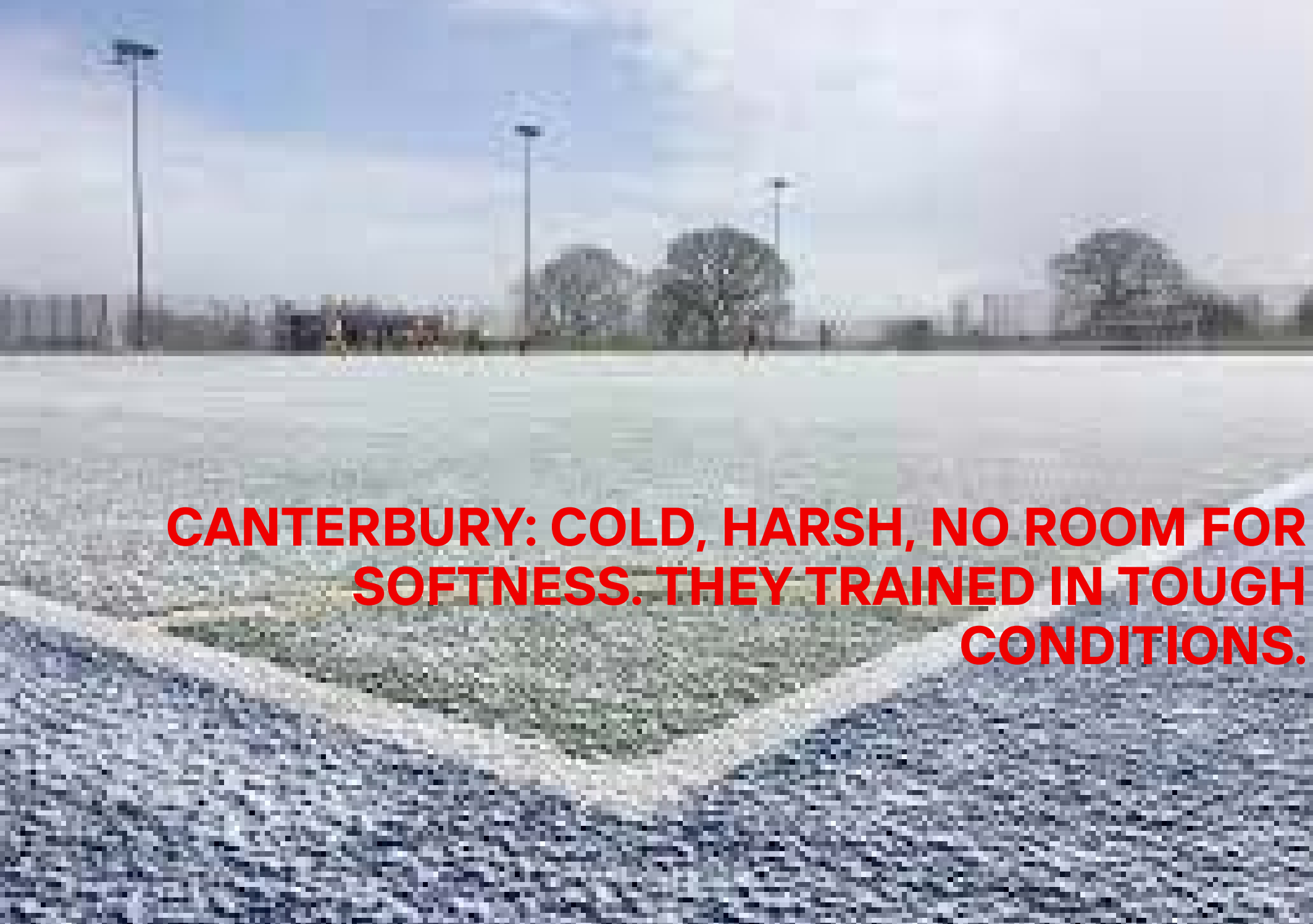
It sets the scene for how I brought these ideas into my coaching through karakia, Atua Matua, and working with the environment.



"THE IHI AFFECT"

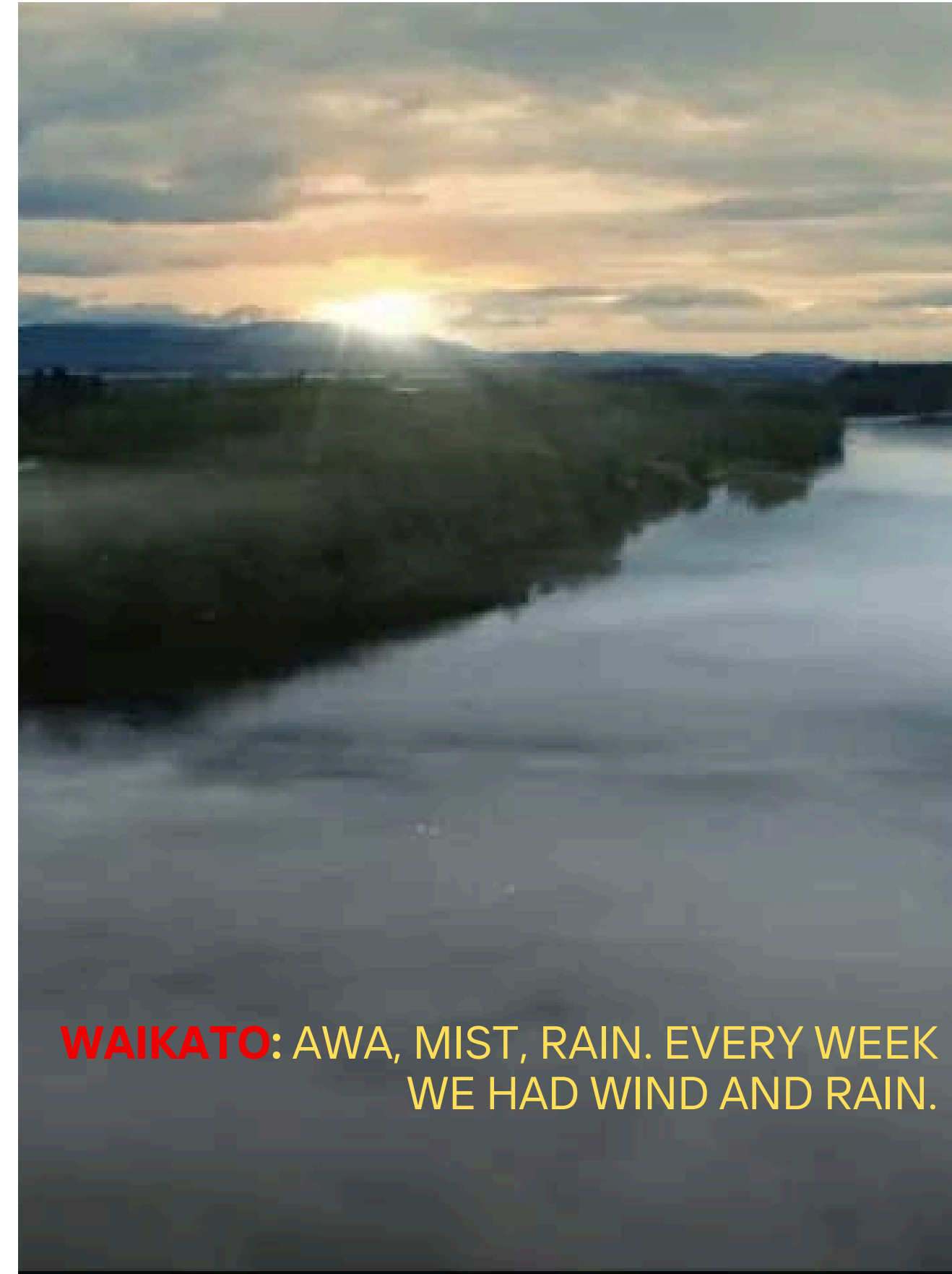


**"DO WE COACH
PEOPLE, OR DO
WE COACH
SPORT?"**



CANTERBURY: COLD, HARSH, NO ROOM FOR SOFTNESS. THEY TRAINED IN TOUGH CONDITIONS.

REFRAME: INSTEAD OF COMPLAINING, I USED THIS AS A NARRATIVE: ATUA ARE PRESENT. THIS IS OUR LOADING PHASE



WAIKATO: AWA, MIST, RAIN. EVERY WEEK WE HAD WIND AND RAIN.

**RESILIENCE AND ENVIRONMENT:
WAIKATO VS CANTERBURY**

TĀWHIRIMĀTEA

WEATHER AS A TRAINING TOOL



- Tāwhirimātea is the atua of weather, wind, and storms.
- When the wind and rain hit, I told the team: “Tāwhirimātea has shown up again.”
- We didn’t cancel—we adapted.
- Wind became resistance training.
- Rain reduced visibility, so we worked on non-verbal communication and scanning.
- These were our resilience-building sessions.

Framing it through Atua gave it meaning, it wasn’t just weather, it was a challenge by design.

PŪRĀKAU & PLACE-BASED TEAM BUILDING



- We climbed Pirongia as a team.
- Before the climb, each athlete researched a pūrākau or iwi story linked to the whenua.
- At rest points, they shared these stories.
- Connected us more deeply to the place, each other, and the kaupapa.

These became the essence of our game & behaviours

ATUA TANGAROA & SKILL DEVELOPMENT



- Tangaroa has moods.
- Like early learning phases: if you rush, you drown.
- When you show respect and take time, things settle.
- I told players: treat learning like the ocean. Turn up with focus or get overwhelmed.

Karakia helped us stay grounded - focus on the collective purpose not the individual

WHIRO

CHALLENGE

BACK TO YOUR BRILL BALL GAME

You are now going to put your table on angle and do the first 2 levels again.



ATUA WHIRO - EMBRACING CHALLENGE



- Whiro as a moment of physical and mental challenge.
- We were climbing the maunga, athletes hit a wall.
- Their minds said stop, but their bodies had more.
- I reframed it: Whiro is here.
- Whiro isn't always negative, it signals a challenge and a chance to grow
- Whiro training meant pushing players to use their skills when they were tired and under pressure.

In maramataka, Whiro signals renewal, darkness before light.

REFERENCES



TANGAROA

Skill acquisition

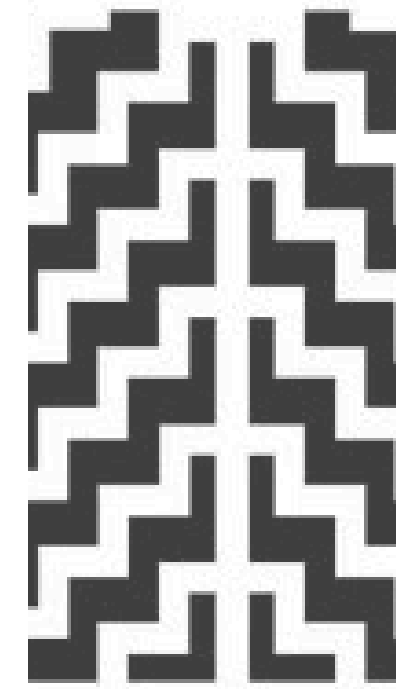
Skill learning must be respected



WHIRO

Resistance / Challenge / Inner battle

High Intensity Training
Training under fatigue
Learning through adversity



WHAKAPAPA

GAME PLAY

Bringing the learning all together.

TRAINING THROUGH TE AO MĀORI & MĀTAURANGA

AROMATAWAI REFLECTION



CHALLENGES

- Embedding mātauranga Māori authentically without feeling tokenistic.
- Getting athlete buy-in early, some took time to understand the purpose.
- Balancing performance outcomes with deeper learning goals.



CHALLENGES

- Watching athletes speak the language of Atua in their own reflections.
- The connection they built to each other and to place.
- Seeing growth not just in skills, but in character, confidence, and identity.



WHERE TO FROM HERE

HE PAATAI AAU?

ANY QUESTIONS?

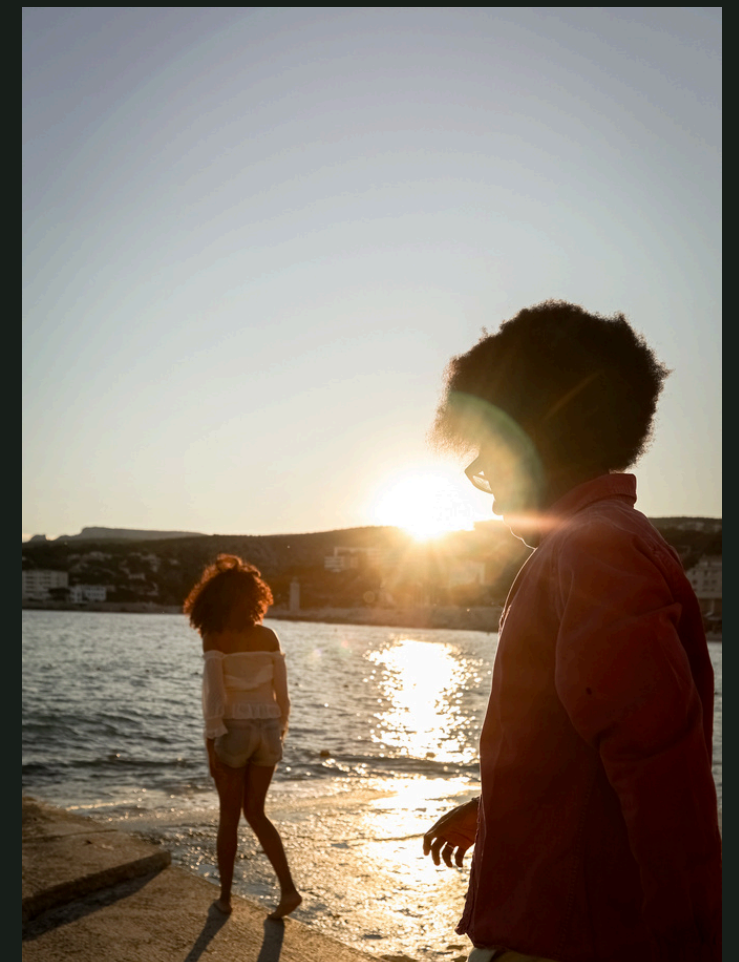
NGAA MIHI NUI



FRADEL AND
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PRESENTATION

WWW.REALLYGREATSITE.COM



Unuhia, unuhia
Te pou, te pou
Kia wātea, kia wātea
Āe, kua wātea

Remove, uplift
The posts
In order to be free
Yes, it has been cleared

KARAKIA

WHY

To Create Tapu and Noa Spaces

Karakia can open or close a space – marking it as tapu (sacred) or returning it to noa (everyday). This is especially important in Māori tikanga when moving through different emotional or spiritual states.