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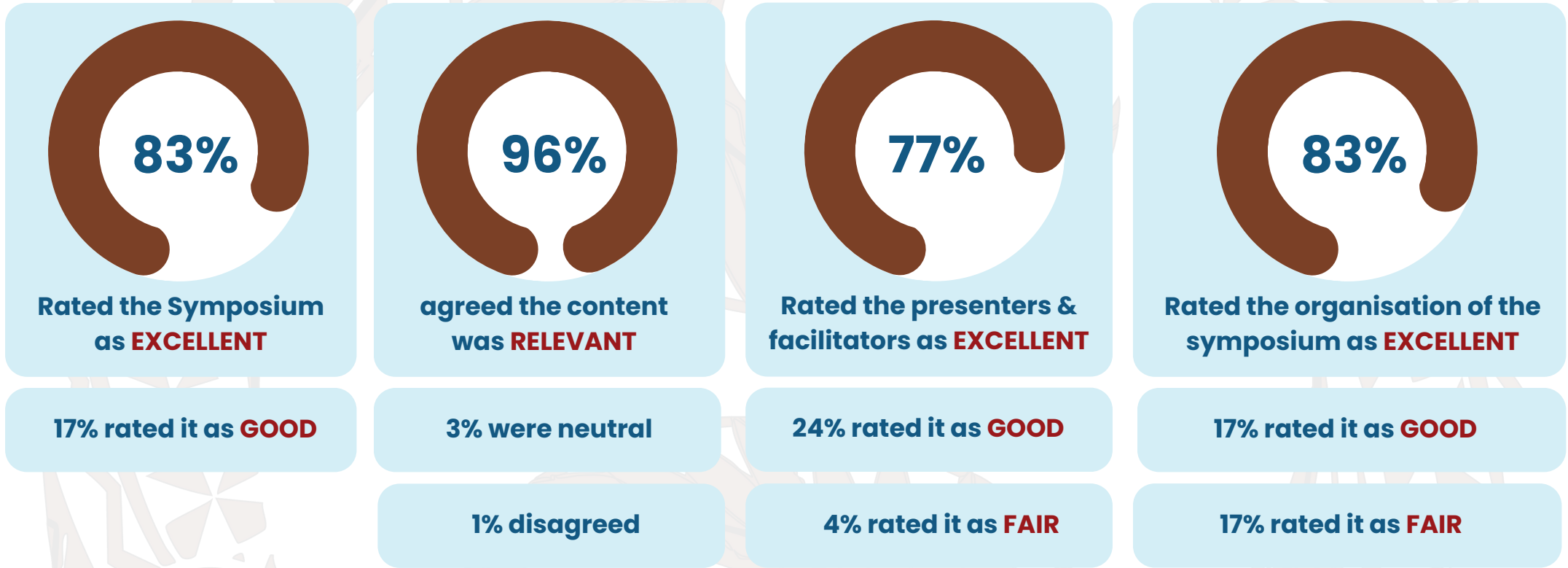
practitioners
completed the survey



The 2025 Whānau Resilience Symposium, themed “Hapori Whirikoka: He anamata taikaha-kore – Communities of Strength: Towards a Violence-Free Future,” brought together community leaders, service providers, and whānau to share knowledge, resources, and lived experiences that support a violence-free Aotearoa.

Held over one and a half days, the symposium featured keynote speakers, panel discussions, and interactive workshops that highlighted culturally grounded, whānau-centred strategies for reducing family violence. By showcasing stories of resilience and innovation, the event promoted best practice, fostered collaboration, and inspired continuous improvement in building safe, supportive communities for future generations.

The following is a summary of key themes taken from practitioner feedback from the 2025 Whānau Resilience Symposium.



Key Insights from the Whānau Resilience Symposium

Practitioners described the symposium as powerful, uplifting, and thought-provoking. Many were most impacted by the kōrero around Truth versus Facts, reflected in comments such as “*facts inform the mind. Truth transforms the heart*”. This message resonated deeply, encouraging reflection on how truth connects to healing and transformation. Themes of hope, compassion, and the humanity of whānau-centred practice were frequently mentioned, captured in reflections like “*hold the hope until the hope is found again*” and to “*put the human first before the process*”.

Practitioners appreciated the atmosphere, hospitality, and organisation. Many valued the sense of unity and diversity across the sector, describing the day as “*the Kotahitanga of cultural diversity*”. Overall, the event was widely described as “*heart work, not just head work*”.



Key Takeaways from the Symposium

The most common takeaway was a renewed understanding of trauma-informed practice, with practitioners highlighting the importance of transformation, noting that *“if you don’t transform your trauma, you transmit it”*. Self-care and reflection were emphasised as essential, with comments such as *“look after yourself to upgrade your practice”* and *“self-care, self-reflection.”*

Practitioners reflected on slowing down and meeting whānau where they are. Others highlighted empathy and belief in whānau potential, noting *“hold the hope until the hope is found again”* and *“healing and wisdom is inside each person and whānau”*.

The day reinforced that wellbeing and reflective practice are critical foundations for sustainable and effective mahi.

“Whānau voice matters”

“Look after yourself to upgrade your practice”

“Slow down, take more time to get to know whānau-be less task focused.”

“Be mindful, reflective, and heart-centred in every interaction”

“I will use the cards provided to reflect and plan with whānau”

“Hold space, hope and trust for whānau to find their pathways”

Influence on Practice and Mahi

Practitioners expressed clear intentions to integrate their learning into day-to-day work. Many spoke about applying trauma-informed principles, using reflective tools, and fostering greater collaboration, with one noting, *“work collaboratively, this mahi should not be done in isolation”*.

Practical steps included using the WR cards, meeting whānau where they are, and holding space, hope, and trust for whānau to find their own pathways. Practitioners emphasised heart-led practice and empowering whānau voice, reflected in the comment: *“service fits the whānau, not the whānau fits the service”*.

Overall, the feedback demonstrated a strong commitment to relational, authentic, and trauma-informed practice.

Most Useful and Meaningful Aspects of the Day

Hearing directly from whānau and their lived experiences was repeatedly mentioned as the most meaningful aspect of the symposium, with reflections like *“whānau voice matters”* and *“whānau voice reminds us why we do this mahi”*. The inclusion of Māori, Pacific, and Pākehā perspectives enriched understanding of whānau resilience and reflected the value of the braided rivers approach.

Networking and shared learning opportunities were also highly valued, with practitioners noting that *“hearing what’s working in other regions helps us grow together”*. The diversity of thought and culture, as one put it, *“was beautiful”*. Others highlighted the sense of unity across providers and the power of shared learning. Overall, the day provided a meaningful space to listen, learn, and connect with others committed to whānau wellbeing.

“The lived experience stories grounded everything.”

“Networking and connection with more resources and learnings to carry into my work”

“The power of community collaboration”

“Include rangatahi and more diverse whānau perspectives”

“More time for connecting with others, the relationships are gold”

“More interactive workshops to build skills and share ideas”

Suggestions for Future Symposiums

Practitioners offered thoughtful suggestions for improving future events. A consistent theme was the desire for more interactive and hands-on sessions. Many suggested smaller group discussions to foster deeper engagement.

There were calls to include more voices from across the community, including rangatahi and whānau with lived experience.

Practitioners also recommended more time for connection and reflection, noting that *“networking and connection... are so valuable”*. Overall, feedback highlighted a preference for participatory learning, peer sharing, and continued focus on relationship-building.