Ko Wai Au
as an intervention tool and practical application

When a person arrives, often their self esteem and sense of well being tanks are both on E (empty)

Through the process of Ko Wai Au, lost parts of self are identified, re-discovered, re-membered and re-claimed when working through the good bad and the ugly, feeling pain with raw emotions, describing through laughter and tears – joy, happiness sadness and grief. All the time, allowing the person to find nourishment in the re-defining of new words and meanings, building on strengths and re-accessing their mana of who the person really is.

Ko Wai Au • Who am I?

Ko Wai Au allows the person to come to terms with every part of them as the need to or want to re-discover their own identity. It is a journey of pono / tika / aroha and awhi.