

Porirua Active Family Leaders

Akilah, Waimirangi, John and Hemi – along with their families, recently graduated after 12 months on the Active Families Programme. Instead of leaving, they were brought back this term as Active Family Leaders.

This new role involves assisting with the development and running of the weekly activity sessions. To assist with this, they have all been made group leaders of the sessions and are responsible for motivating and ensuring participation in their respective teams.

To distinguish these roles from the others attending the session, the “fab four” meet ½ hr before each activity session to discuss roles and expectations. A debrief is also held directly after each session to gather feedback and discuss how positive outcomes can be carried forward.

In these senior roles, emphasis is placed on developing leadership roles through expressing thoughts and ideas, and being confident, inclusive and supportive toward all participants. Their input is therefore vital and all have embraced the opportunity.



John, Akilah and Hemi, the ‘Active Leaders’.