

# He tuhituhi, he kiriata rānei kia whakaputa i tō ake hīkoi-ā-manawa – Mō te hunga Kaikōrero



Tēnā koe i tō hiahia kia whāngai i ō kōrero ki te Heart Foundation. Kua kitea te kaha o ngā hua o te kōrero o tētahi ki tētahi. He hiranga nui tō tēnā kōrero, tō tēnā kōrero, nā whai anō ka mōhio te tangata, kua kore ia e noho, e tū tahanga ana rānei.

E mahi ngātahi ana mātou me a mātou kaitito ki te hanga i tētahi kohikohinga kōrero (ā-ipuranga/ā-tuhi) e tāea ai te hunga e noho taurite ana, te tuari i a rātou wheako. E akiaki ana mātou i a koutou ki te whakaputa i ō kōrero i roto i te reo, i te huarahi hoki e pai ana ki a koe (hei taurira; ā-tuhi, ā-whakaahua, ā-kiriata). He hiahia tō mātou kia whakakōrerohia e koe ō wheako, ahakoa te iti, ahakoa te nui, he pounamu.

Hei tīmatanga

Tīmatahia ō kōrero ki te wāhi e pai ana ki a koe, ā, whakamōhio mai i te iti, i te nui rānei o ngā āhuatanga kua pā ki a koe. He hiahia tō mātou kia whakaputa e koe i ō kare ā-roto, i ō maharatanga hoki o tō hīkoi mate manawa.

He tīmatanga ēnei pātai hei whakatakoto i ō kōrero:

1. I tīmata pēhea ai tō hīkoi mate manawa?
2. He aha ngā āhuatanga i whai ake?
3. He aha ngā pātai i puta i a koe?
4. He aha ētahi whakamātautau, rongoā hoki kua whāia e koe?
5. He aha ngā pānga o tō mate manawa ki a koe me tō whānau?
6. He aha te mea uaua kua panonihia e koe?
7. He aha ngā momo huarahi e tautoko ana i a koe ki te whakahaere i tō mate manawa?
8. Kei te pēhea tō mate manawa ināianei?
9. He koha āu mō te hunga e whai pānga ana ki tēnei āhuatanga?

Kei te hiahia hoki mātou kia whakamōhio mai e koe ko wai koe, nā reira, whakatakoto hoki ētahi pitopito kōrero e hāngai ana ki a koe, tō whānau, ō manako, ō hiahia, tō mahi, aha atu, aha atu. He whakaahua hoki pea.

Anei ngā huarahi hei tuku mai i ō kōrero:

- Īmēra: [HeartHelp@heartfoundation.org.nz](mailto:HeartHelp@heartfoundation.org.nz)
- Reta: PO Box 17160, Greenlane, Auckland 1546

Kia mōhio mai koe, ka tāria mātou tō whakaae ā-tuhi mai i mua i te whakaputa i ō kōrero. Waihoki, kāore te Heart Foundation e tūpono ka tāea e mātou te whakaputa i te katoa o ngā kōrero.

Tuhituhi mai i tō kōrero - tauira

<b>Ingoa</b>	
<b>Tāne/Wahine</b>	
<b>Mate manawa</b>	
<b>E hia ō tau i te wā i pāngia e te mate manawa</b>	
<b>Rā whānau</b>	
<b>Hāhi</b>	
<b>Te reo i tuhia ai tō kōrero</b>	
<b>Taitara</b> <i>(ki te kore he taitara, ko tō ingoa me tō mate)</i>	
<b>Tō whakatauāki</b> <i>(kia kotahi te rerenga mai i tō kōrero)</i>	

**Tō kōrero**

*(Kei tō hiahia te iti, te nui rānei o te kōrero, heoi anō kia kaua e roa ake i ngā whārangi A4 e toru)*



