



Welcome to Ignite Wellbeing

An overview of the support provided to ākonga

For any questions, email
hello@ignite.org.nz or visit
www.ignite.org.nz

Phone: 09 834 0556

Who Is Ignite?

Ignite Aotearoa is a wellbeing social enterprise, backed by Emerge Aotearoa - one of the largest independent mental health and social service organisations in New Zealand. We believe that everyone should have the opportunity to realise their potential.

We exist to strengthen community wellbeing by addressing inequity, promoting choice, and removing barriers to accessing resources and support.

We do this by providing evidence-based mental health and wellbeing offerings that are fast and easy to access, provide greater choice and catering to a range of budgets.

Ignite uses technology as an enabler of wellbeing. We connect people to wellbeing enhancing resources and experiences via our workplace funded digital platform.



Ignite for you

The Ignite Wellbeing digital platform is provided to you by your organization to support your wellbeing via personalized subscriptions.

Your subscription offers flexible, online access to your choice of wellbeing tools and support. Proactively equip yourself to navigate life's challenges and thrive through connection to what works for you:

- Confidential wellbeing assessment and planning
- One-one counselling, wellbeing support and coaching
- Wellbeing workshops
- Mood and wellbeing tracking
- Personalised support suggestions



www.ignite.org.nz/approach

Ignite's Approach to Whole of Life Wellbeing

Mental, physical, emotional and spiritual health all play a role in our overall wellbeing in an interconnected way, so we support it all.

Informed by several leading models of Health and Wellbeing we describe wellbeing as being influenced by three main areas, each with four domains of life:

My Life, **My Health**, **My Meaning** look at areas of our life that contribute to supporting us to thrive. By focusing on actions that improve and strengthen these domains, we enhance our overall wellbeing, including our mental-health and resilience which supports us to live our best life.



Personalised Login

As part of your subscription, you will receive a unique, private login email from Ignite and have access to wellbeing support provided by Te Whare Wānanga o Awanuiārangī.

You will be asked to review our terms, complete your profile and add a personal email to your account if you wish.

Any personal data that you enter into the platform will be kept confidential and your wānanga won't see it.

Your initial login will expire within 7 days if you don't activate it but if this happens, simply click on forgot password to reactivate it.

Save a short-cut to Ignite on your phone or desktop for easy access. The site is fully mobile compatible.



Kia Ora!

Please sign in below

Email Address

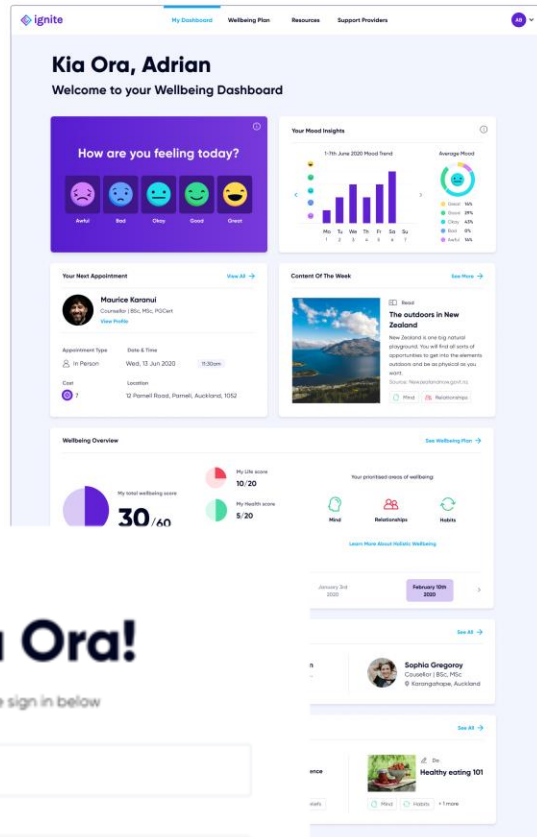
contact@ignite.org.nz

Password

XXXXXXXX

[Forgot Password?](#)

Sign in



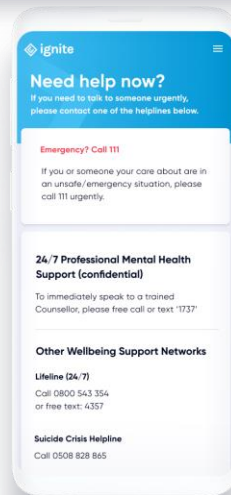
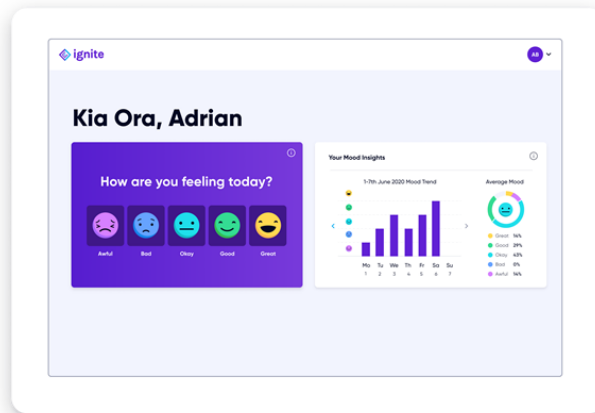
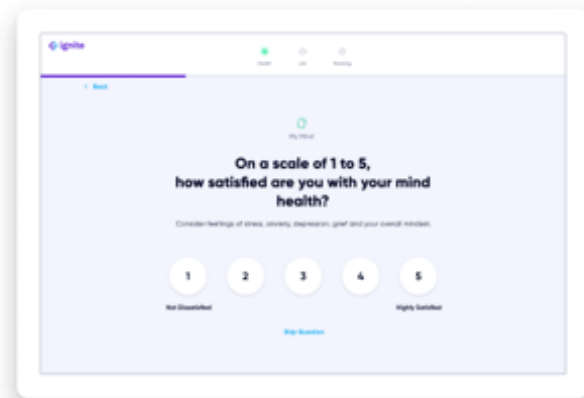
Wellbeing Assessment Tools

We offer a variety of digital tools and professionals to help you. You decide what is right for you and go at your own pace.

Our **wellbeing planning tool** empowers you to self-assess wellbeing needs and priorities, then choose resources, activities and support based on your unique challenges and opportunities for growth.

Our **personal mood diary** helps you explore and regulate your emotions, plus build positive mental health and resilience toolbox over time.

Our **daily mood tracker** also allows you, when in distress to find urgent support services.



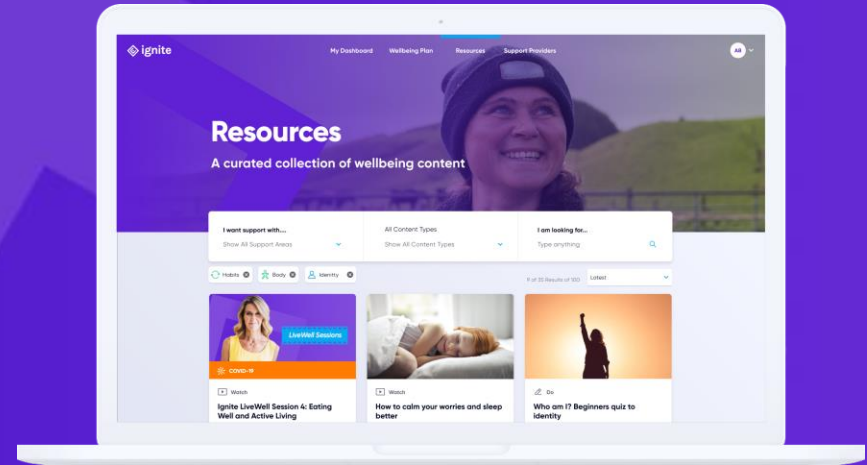
www.ignite.org.nz/learn

Resource Library

You have access to a clinically curated and validated suite of validated resources.

These resources connect ākonga to a range of existing community resources and information that focus on strengthening wellbeing and resilience across all areas of life, including lifestyle and relationships, mental and physical health, and maintaining personal connections to culture, community and beliefs.

It includes an exclusive series of videos with experienced practitioners, offering practical advice and strategies to help ākonga cope with challenges.



Ignite Tokens

Our services within the platform are booked using a digital currency of tokens. Tokens give you the control over your own wellbeing support provided by your wānanga. You start your subscription with a number of tokens set by your wānanga and you can request more, at the discretion of your wānanga (anonymously) from within the platform.

Each one-on-one session “costs” 100 tokens regardless of who you see.

Enrolment in scheduled, online workshops and webinars are included in your subscription. These sessions give you a chance to enhance your wellbeing with a group-based session rather than one-on-one support.



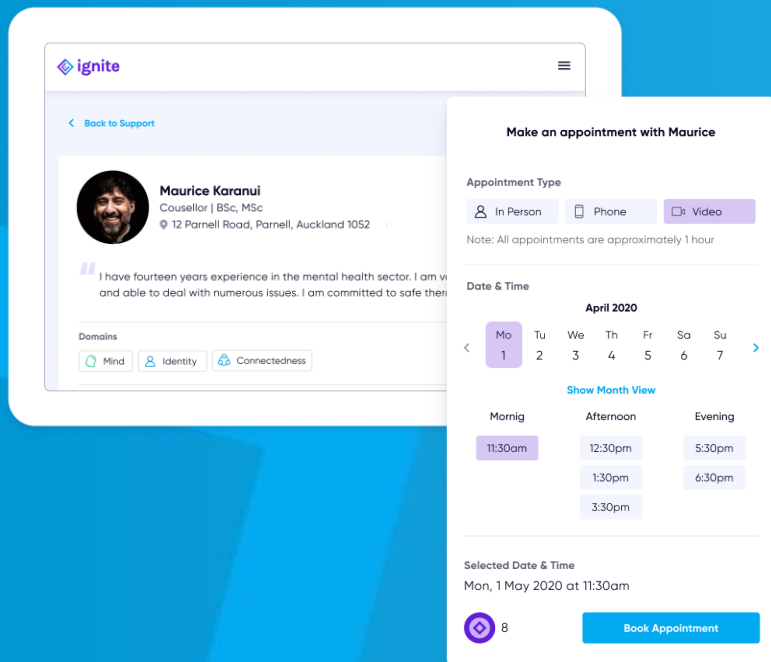
MODERN, FLEXIBLE, PROACTIVE SUPPORT

Book confidential, one-on-one support, coaching

We have a range of professionals who can provide short term and ongoing support, coaching and mentoring on a range of topics in line with our wellbeing approach. This includes mental health, resilience, life coaching, career coaching, financial advice and mentoring, relationships and more.

Our range of Providers will support your growth and wellbeing with online or in-person support sessions to a maximum allocation decided by your wānanga. Find the support provider that best serves your needs, no matter where you are based.

You can cancel any booked appointment without penalty within 24 hours of the booking if you change your mind on who, where or how you want to see them.



Our Support Providers

We know the pain of waiting for help when you need it right now. You can use Ignite any time and find support providers that are available today to support you.

Our professional workforce of support providers is a diverse, carefully selected and referenced group of experienced professionals with qualifications and expertise in their field. Our provider group includes:

- Psychologists
- Counsellors
- Coaches
- Social Workers
- Mental Health Nurses
- Mentors

We have mechanisms in place to monitor quality and are looking to further broaden our support types in line with our whole-of-life approach.



Wellbeing Workshops

Understanding Mental Health & Mental Illness

A basic understanding of mental health including definitions of common mental illness, understanding of distress and what to look for, and how mental illness can impact people's lives. Gain insights on what supports people to recover and thrive.

Healthy Habits

A strengths-based approach to looking at how to adopt and maintain healthy habits including: substance use and abuse, gambling, healthy sleep, healthy food behaviours. Recognise when our habits start to have the potential to cause harm to our health or lives.

Strengthening Mental Health & Wellbeing

An engaging, informative workshop to introduce the concept of whole of life wellbeing and tools to enhance resilience, and the mental health continuum. Learn how to engage effectively with others who may need support.

Supporting Others to Thrive

Gain knowledge and skills to enable the active promotion and management of positive workplace wellbeing at both the team and individual levels. Ideal for anyone wishing to actively manage their own wellbeing and/or positively influence wellbeing in their team.

Building a Well Workplace Part 1: Planning for success & Part 2: Implementing for success

An introduction to the key aspects of a contemporary strategic approach to workplace wellbeing including evidence-based interventions and effectively managing change.



Your subscription includes enrolment in workshops and webinars to support your knowledge and understanding of your wellbeing and that of others.

Note: The workshop schedule has wrapped up for 2023. 2024 Workshops and Webinars announced in February.



We are all in this together

He waka eke noa

General information available [here](#)

Our free Resource Library is [here](#)

Our Crisis support directory is [here](#)

A link to our Blog for useful articles is [here](#)

For a short video about our platform click [here](#)

For a short video on how to save Ignite to your phone click [here](#)

To kōrero further, contact Ignite at: hello@ignite.org.nz

For assistance booking if you don't have online access: [phone 09 834 0556](tel:098340556)



GIVE IT A GO

Customer Journey



1

Exposure

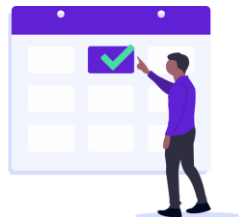
Your wānanga will arrange for a personalised login and some information to introduce you to our platform



2

Join Ignite

An invitation email will be sent directly to you. Upon activation, you will have private access to all of our features



3

Engagement

Browse our library, use our assessment tools, attend a workshop or book one-on-support using your token allocation, all confidentially and from your mobile, tablet or desktop



4

Session

Any support you engage in is treated confidentially between your provider and yourself. Go and see them and if it works well, rebook within the platform



5

Analytics

Aggregated reporting on wānanga-wide trends (not individual, identifiable information) will be provided quarterly to you wānanga but never your name or individual data.

