



THE PEOPLE'S HEALTH ALLIANCE WAIHEKE ISLAND

Guiding principles

These principles are shared understanding held by all who participate in the PHA Waiheke Hub.

Purpose & Vision

PHA Waiheke is part of a growing global movement dedicated to supporting the wellbeing of individuals and communities — physically, mentally, emotionally, and spiritually — while empowering people to take an active role in their own healing.

Personal Responsibility & Support

- * We take responsibility for our own wellbeing and support to others with compassion.
- * We respect each other's space and honour personal boundaries.
- * We engage with awareness, presence, and a spirit of mutual care.

Respectful Environment & Growth

- * We create a safe, inclusive and supportive space where people are free to express themselves authentically.
- * We value open communication and honesty, grounded in mutual respect.
- * Growth is a personal and collective journey; we honour each person's path and pace.

Interconnection & Share Reflection

- * We recognise the interconnectedness of all beings.
- * Group dynamics may reflect inner experiences - we embrace these as opportunities for insight and healing.
- * We acknowledge personal and collective stories with curiosity and compassion.

Cultivating Clear Communication & Safe Space

- * We value honest, thoughtful communication and commit to expressing ourselves with care and clarity.
- * We navigate challenges with openness and respect, responding mindfully and respectfully.
- * When support is needed, the core team is available to help facilitate open dialogue and ensure that all voices are welcomed and heard.

Leadership & Service

- * Leadership is a shared responsibility rooted in integrity, humility and purpose.
- * We are all leaders in our own way - guided by passion, care and conscious contribution.
- * We serve the wellbeing of our community by showing up fully and staying true to the values we hold.



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Joining the Circle – Entry Form

**Welcome! This form is an invitation to step into our shared space.
Whether you're a practitioner, a volunteer or a supporter.**

1. YOUR DETAILS

- **Full Name:**
- **Country and date of birth:**
- **Email Address:**
- **Phone Number:**
- **Preferred Contact Method:** ☐ Email ☐ Phone ☐ Text
- **Languages Spoken:**
(Please list all languages that you speak fluently.)
- **Do you live on Waiheke Island?** ☐ Yes ☐ No ☐ Part-time
- **Residency Status:** ☐ NZ Citizen ☐ NZ Permanent Resident
☐ Temporary Visa Holder: Type of visa: _____

2. YOUR INTEREST & CONTRIBUTION

- **What draws you to join the Waiheke Wellness Hub?**
- **How would you like to be involved ?** ☐ Practitioner ☐ Receptionist/Support
☐ Volunteer/Helper ☐ Other:
- **If you are a practitioner, are you open to helping with other tasks when not with a client?** ☐ Yes ☐ No ☐ Depends - let's chat

3. AVAILABILITY

Our Wellness Hub runs on Wednesdays from 10am to 3pm. Let us know what fits for you:

- ☐ Weekly — full session
- ☐ Weekly — part day (specify):
- ☐ Fortnightly
- ☐ Monthly
- ☐ Occasionally — I can offer support (specify):

- **Are you able to attend monthly meetings?**

☐ Yes ☐ No ☐ Maybe

4. PRACTITIONER SECTION (if applicable)

- **What healing/wellness modalities do you offer?**

- **Relevant training, certifications or experience:**

- **Comfortable working in a shared space?**

☐ Yes ☐ No ☐ Maybe – open to conversation

5. WORKING AT THE HUB

To keep the Hub affordable for everyone in the community, we offer donation-based sessions (sliding scale)

I understand and agree that:

- My services are offered on a voluntary basis
- My contribution is a gift to the community and an opportunity to grow connections.
- I will act with care and respect when supporting vulnerable people.
- I will communicate openly and kindly with others
- I am contributing to a living, evolving space.
- Everything that is shared at the Hub between client and practitioner is confidential. I agree to respect people's privacy and help keep the Hub a safe and trusted place.

6. GUIDING PRINCIPLES

- I have also read and understood the guiding principles of PHA Waiheke Island and agree to uphold them in my role at the Hub to the best of my ability

Please submit this form to: contact@waihekepha.nz