MindKiwi

Group Mindfulness Workshop Training Programme for Health and Education Practitioners

with Dr Mairin Rose Taylor (NZ) and Melany Tainui (Waitaha, Kāti Māmoe, Kāi Tahu)

Emotion dysregulation and ADHD affect up to 21% of children, with rates rising rapidly in Aotearoa New Zealand. When left unsupported, these challenges can lead to poor academic outcomes, social isolation, anxiety, depression, and increased risk behaviours. Māori children are overrepresented in mental health services, yet many families face wait times of up to two years for specialist support. Without early, culturally appropriate intervention, children struggle to develop the emotional regulation and executive functioning skills essential for wellbeing and success across their lifespan.

MindKiwi is a culturally responsive, evidence-based mindfulness intervention supporting children with ADHD, emotion dysregulation, and neurodivergent learning needs. Co-developed and co-led with Dr Mairin Taylor and mana whenua researchers Mel Tainui (Waitaha, Kāti Māmoe, Kāi Tahu) and Dr Kelly Tikao (Waitaha, Kāti Māmoe, Kāi Tahu), this programme represents authentic bicultural partnership that centres indigenous knowledge. This interactive workshop trains practitioners to deliver MindKiwi - a 6-week face-to-face group intervention for tamariki with transdiagnostic emotion regulation difficulties and their parents and caregivers.

Why MindKiwi?
MindKiwi stands apart from overseas-developed programmes through its authentic bicultural partnership and specific adaptation for neurodivergent whānau. Under the model of He Awa Whiria, mātauranga Māori and pūrākau (stories) are woven throughout as foundational elements, making it more culturally responsive for Māori and Pacific whānau than international programmes. The whole-of-whānau approach recognises the central role of family systems in supporting children. Pilot studies of MindKiwi demonstrate excellent effects on improving ADHD symptoms, cognitive flexibility, organization, behavior and emotion regulation, and executive functioning. MindKiwi is currently being evaluated in a randomised controlled trial with over 130 children aged 6-10 years to explore the potential additive effects of micronutrients. More details about MindKiwi can be found here: www.mindkiwi.org.nz

This 2-day workshop offers practical, evidence-based strategies to support all tamariki experiencing emotion regulation challenges, particularly neurodivergent learners. It focuses on the dual benefits of a combined child and whānau programme and it's structured and accessible format may be beneficial to anyone working with tamariki and whānau.

Participants will learn:

- How to deliver joint parent-child sessions that build connection and shared mindfulness practice, including orientation, focusing attention using the five senses, and creative activities that strengthen whānau bonds
- Emotion regulation techniques including noticing and naming emotions, mindful breathing practices, and strategies for pausing and observing before reacting to support children with strong feelings
- Mindful movement and body awareness activities adapted for neurodivergent learners, including breath awareness, and mindful visualisation techniques
- Goal-setting and reflection practices that support families to notice change, set achievable goals, and sustain mindfulness skills beyond the programme



Dr Mairin Rose Taylor is a clinical psychologist and adjunct research fellow at the University of Canterbury. With a PhD in Clinical Psychology and over 15 years of clinical experience, Mairin has published 12 peer-reviewed articles on ADHD, emotion dysregulation, and mindfulness interventions. Mairin has provided workshop style teaching for the previous 7 years and is often engaged to facilitate workshops on wellbeing and neurodiversity across a number of professional spaces. Mairin brings her lived experience with ADHD and her commitment as Tangata tiriti, to her teaching and clinical work.



Mel Tainui is of Kai Tahu descent from Ōnuku. She has a background in cultural development and is currently working as a Kaiārahi Māori for the University of Canterbury. As mana whenua co-developer and co-leader of MindKiwi from inception, Mel has ensured mātauranga Māori is foundational, not an afterthought. With over 20 years of experience as a professional facilitator in cultural responsiveness and Treaty of Waitangi education, and leadership roles including Ōnuku Rūnanga deputy chair, she is a skilled and responsive facilitator.

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Seminar Details:

TAURANGA 20/21 April 2027: Trinity Wharf, 51 Dive Crescent, Tauranga 3110

9:00am - 3:30pm daily

$675 (inc GST) includes lunch & break catering, notes, attendance certificate & in-room bookstore

Contact the Compass Seminars team on 06 759 1647 or office@compass.ac.nz

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