

HPSNZ WELLBEING GLOSSARY OF TERMS

This resource document provides clarification for key terms used in HPSNZ wellbeing materials.

Continuous growth (papa)	Learning and development are prioritised. Constructive and meaningful feedback mechanisms are used to inform decisions and planning.
Inclusion (kūaha)	Differences are acknowledged and embraced. Whole selves are accepted, and people are confident that they will be treated fairly and respectfully, with their contributions being heard and incorporated.
Transparency (matapihi)	Open lines of communication are utilised at all levels. Information is clear, accessible, consistent and accurate.
Thriving	<p>Sustained high levels of performance and dimensions of wellbeing (such as autonomy, personal growth and mastery/competence) are evident.</p> <p>For HPSNZ, this concept is inherently understood as directly relating to health.</p>
Wellbeing (hauora)	<p>A multidimensional construct that is represented by the achievement of sport and life satisfaction; thriving in sport and life; self-acceptance as an athlete and individual; positive relationships with your coach, teammates and others; autonomy in sport practice and life; sport and life environmental mastery; purpose in sport and life; personal growth as an athlete and individual; and, social wellbeing in sport and life, including social acceptance, actualisation, contribution, coherence and integration.</p> <p>For HPSNZ, our narrative has been grounded using Te Whare Tapa Whā, to articulate what wellbeing means to us, in our unique part of the world.</p>