

# THEORY OF CHANGE 2021



## THE THEORY IN PRACTICE

### WE ALL HAVE A STORY...

Check out below how the Theory of Change could work in practice... Do you know someone like Pania? How did you hear about the HEART Movement? What's your story?



### MEET PANIA

Pania lives in Point England, born and bred! She has four kids, three who go to Tāmaki Primary School and the baby is still at home with her. She used to have a part time job but lost it during COVID-19 and hasn't found anything since. There are lots of challenges in her life, complicated relationships in her whānau is one of them.

### THE LEARNING PHASE

Josie asks one day if Pania would like to come along to a Peter Thorburn training. It's on Mental Health and Addictions and Pania doesn't really want to go but has nothing else to do and Josie said there's free lunch! She's surprised cos she learns HEAPS and when she thinks about what Peter said, her brothers actions are starting to make more sense...



### THE CONNECTION PHASE

When Pania was at the training, Mele asked if she wanted to come to the Koru Group on Fridays. It's lucky you can take your kids along cos it's school holidays! Pania loves the Koru Group and the "No Judgement, No Advice" rules. She feels super comfortable and is making friends who live close to her. The women share lots of things and start talking about the upcoming Mana Wāhine Week...



### THE ACTION PHASE

Pania gets given a job at Mana Wāhine Week, she's in charge of taking donations for the clothes swap. She has to talk to heaps of people - it's good to feel useful and in charge! The women who come have lots of questions about HEART and Pania is surprised she can answer most of them! After Mana Wāhine Week, Ren asks Pania to become a Change Agent...



### THE INFLUENCE PHASE

After being a Change Agent for a little while, Isoa asks if he can tell Pania's story on the HEARTbeat blog. She isn't sure if she should say yes, until she realises that she has a story that can help others. Since becoming involved with HEART, she has healthier relationships in her life, with others and with herself. Most importantly, she is more conscious of them than ever before!



What is your story of change with the HEART Movement?

