

Who Am I?

By Meagan Sanders

- In a similar way, we ourselves are composed of the material constantly flowing through us. Our 'shape' is created and sustained by the flux of which we are part. We are what we eat, what we breathe, what we experience from our environment" (Briggs & Peat, 1999, pp 16).
- "Be proud of who you are,' advises the Maori mediator you met earlier. 'Know your whatkapapa [ancestral family]. Show wehi [humility], aroha [love], ihi [excellence], manaki [care], in all that you do" (Kottler, 2000, pg. 116).
- Pyramid
 - Breads: Humility: Unchangeable
 - Fruits: Ancestral Family: History
 - Veggies: Love: Relationships
 - Dairy: Excellence: Education
 - Proteins: Care: Profession
- Strengths – (Rath, 2007).
 - Individualization: Unique qualities of each person. Bring people together based on these qualities.
 - Relator/Developer: Draw people I already know to me and encourages deepening of the relationship. Sees each person as a work in progress and when I sees potential achieved feel satisfaction
 - Connectedness: Believes that things happens for a reason and that we are all connected somehow.

- Analytical: Wants people to prove their thoughts and ideas. Doesn't like ideas that aren't thought through well.
- "Happiness can be achieved through the systematic training of our hearts and minds, through reshaping our attitudes and outlooks" (Cutler, 2003, pg. 1).

References

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Murphy, Bianca Cody, and Dillon, Carolyn (2008). *Interviewing in Action in a Multicultural World – 3rd edition*. Belmont, CA: Brooks/Cole Publishing Company.

Rath, T (2007). *Strength finder 2.0*. New York: Gallup Press.