



Annual Report 2023.



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Chair and CEO Report.

E rere ana ngā mihi ki a koutou katoa

As we navigated 2023, Momenta has had many opportunities for learning and growth. Change, a constant companion in the journey of progress, has woven its threads through our narrative.

This included farewelling Tania Wilson, our CEO of ten years. We want to acknowledge and thank Tania for her transformational leadership and the service she provided Momenta during her time with us.

We welcomed Shelley Blakey, our new CEO, in May this year. Shelley's background is in education, and has extensive leadership experience through being the Principal of Arataki School for nine years. A change in leadership can often cause disruption. However, Momenta seized this opportunity to glean insights, refine strategies, and foster a culture of resilience and adaptability, all while keeping the people we work with at the heart of all we do.

This year saw the launch of two additional 1:1 coaching programmes, Self Mastery and Social Mastery, providing the opportunity for those that have completed the Discovery Programme to go deeper into further learnings and insights. We also piloted our first group coaching programme; Work Confidence.



Our team has been committed to engaging with our community-building networks within the sector and the wider community. This has allowed us to connect the people we work with to experiences that help them continue to pursue their life goals.

Momenta also facilitated a Tauranga City Council initiative to gather voices from the disabled community about ways to make Tauranga a more accessible city.

Building capability and capacity across our organisation and team has been a focus during the latter part of 2023. The team has had many opportunities to explore and develop their strengths and bring them back into the organisation to strengthen our skills and practice as a collective.

Our journey is ongoing, and with each experience, we continue to shape a dynamic and thriving future for Momenta. Our focus remains on innovation, efficiency, and delivering quality service to the people we work alongside

Shelley Blakey,
Chief Executive Officer

Vanessa Davey,
Board Chair



**Ki te kotahi te kākaho ka whati:
Ki te kāpuia, e kore e whati
When we stand alone, we are
vulnerable, but together we are
unbreakable.**

Our Team.

Board Members



Vanessa Davey



Sam Fellows



John Grant



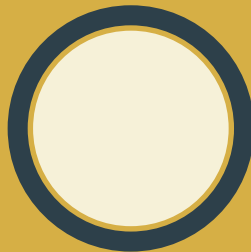
Keri Welham



Michael Lloyd



Dr Robbie Francis
Watene



Bridie Watson

Staff Members



Shelley Blakey



Julie Saunders



Chloe Tukukino



Beena Rugnathi



Ash Rogers



Shay McNeilly



Nicki Musgrave



Sabrina McQueen



Kerry Pearce



Kristen Matthews



Maria Page

We have welcomed new team and board members throughout 2023. Each individual brings their own strengths and passions, but with the same desire - to help our clients go after a life they love.

Our Values.

Encourage and Empower



Be Genuine



Learn and Grow



Act Courageously



Programmes and Services.



Our 1:1 coaching programmes build a person's self-awareness, confidence, and capability. We want to build confidence and clarity around goals, giving our clients the resources and skills they need to go after a life they love. To help shape a future that aligns with their individual aspirations.

Social Mastery.

Clients working through Social Mastery 4

Improving social skills is the core focus of the Social Mastery Programme, where clients can learn more about themselves and their potential. Clients work with our coaches to set and achieve goals while boosting confidence and self-esteem along the way.

The programme covers eight key modules:

- What vision do I have for my life?
- What are my goals?
- What is my circle of support?
- What does a healthy relationship look like?
- What is a boundary and how do I respect mine and others?
- How powerful are my words?
- What is body language?
- How do I listen well?



Self Mastery.

Clients working through Self Mastery 6

Self Mastery teaches clients how to understand themselves better and unlock their potential. With a focus on collaboration, our coaches work with clients to develop and pursue goals that reflect their values and aspirations. It's about offering support throughout the journey, assisting clients to progress toward their goals.

The programme covers eight key modules:

- What vision do I have for my life?
- What are my goals?
- How do I develop positive self-talk?
- How do I take personal responsibility?
- What are my strengths?
- What is self-care?
- What are my priorities?
- What is my identity?

Discovery.

Clients working through Discovery

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Discovery is our primary coaching programme. Running over 26 weeks, we help clients explore three essential aspects – well-being, mindset, and values and strengths. It's designed to help clients find out more about themselves, what they want to do, why they are here, what makes them special, and what their hopes are.

Our life skills coaches guide clients through a process of reflection to help gain a greater understanding of themselves and their potential. Our goal is for clients to emerge from this programme feeling empowered, confident, accepted, connected and self-aware.

Springboard.

Clients working through Springboard

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We have continued to work with students in their last year of school through our Springboard Transition programme. Our Springboard programme is a great starting point for those that need help with the skills, resources and preparation necessary to feel ready for this exciting next step after leaving school.

Forward, Together.

We work with clients to find and pursue opportunities that suit their interests and goals, so they can enjoy a fulfilling life. Clients work with their coach and whānau, to support them in finding and connecting with the opportunities that interest them in the community. We look at what the desired future roles are and what is needed to reach these. This could be a course, work experience or visiting organisations of interest to learn more.

We go through questions such as:

- What you want to be?
- What you want to do?
- What you want to have?

Clients working through Forward, Together

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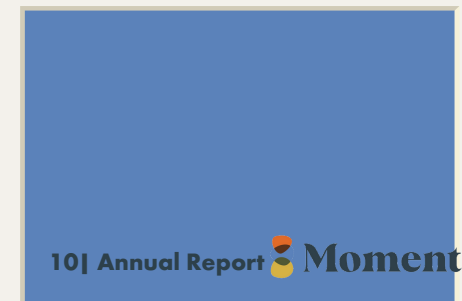
Work Confidence Programme.

From September to November, we ran our inaugural group learning coaching programme, Work Confidence.

The programme aimed to help people explore and overcome the challenges of working in different settings. Clients were taught the practical skills of finding a job, such as writing CVs, understanding contracts, and paying taxes.

It also helped the participants to think about how they present themselves, body language, and social skills. Through this learning process, the participants could identify and develop their strengths, talents, and potential and showcase them to potential employers.

Work Confidence took place three mornings a week for 12 weeks at our Momenta office.



Words from our Clients.

“

"I UNDERSTAND MYSELF MORE".

“

"I HAVEN'T BEEN ANGRY IN A LONG TIME - BECAUSE I'VE BEEN COMING TO COACHING".

“

"I AM IN A MUCH BETTER SPACE NOW THAT I HAVE STARTED COACHING".

“

"I HONESTLY WASN'T EXPECTING TOO MUCH CHANGE, BUT IT'S WORKING".

“

"I HAVE LEARNED THERE ARE WAYS TO HELP YOU CHANGE THE WAY YOU THINK".

“

"THE LEARNING I'VE BEEN GETTING FROM YOU HAS MADE ME MORE CONFIDENT".

“

"THE INNER CRITIC WON'T GET YOU ANYWHERE".

Stories from our Clients.

Storytelling is a great way to challenge perspectives while giving context to the journey our clients go through when participating in our programmes. It provides feedback for our programmes to help shape future planning while ensuring we are delivering on what we say we will.

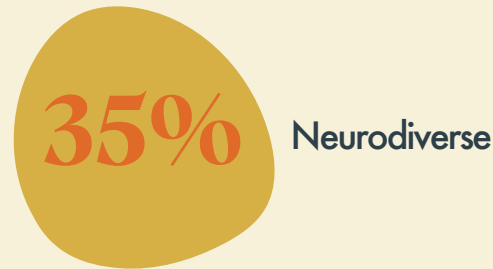
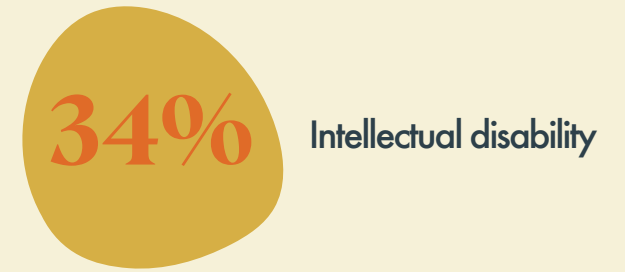
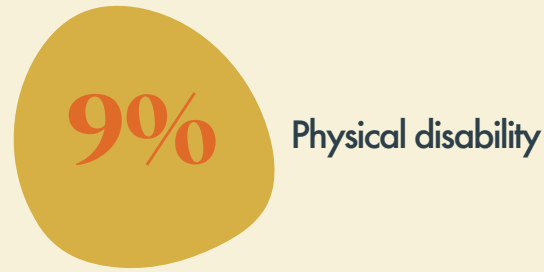
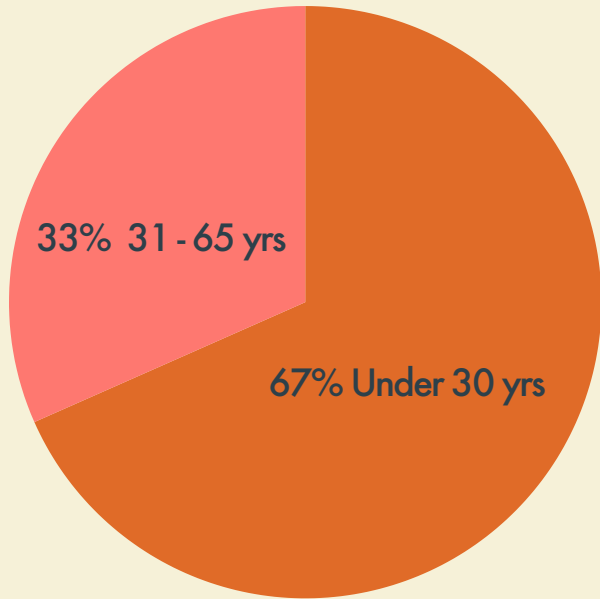


I joined a cooking class at Good Neighbour today. It was a big challenge for me, as I have been wanting to learn to cook for a long time, but I was always too nervous to try something new. I had to step out of my comfort zone and face my fears. I surprised myself with how well I did in the class. I got my hands dirty with the dough, I chatted with strangers, and I learned some new skills. I felt so happy and proud of myself. I even managed to stay in the class without needing any support. I showed myself that I can do anything I set my mind to. It was an amazing experience!

Today, I opened up about a lot of things that I have never shared before. I felt inspired and positive about my life and my possibilities. I want to try new things and explore new opportunities. I now feel confident and supported by the people around me. I shared some of my goals with my life coach for the next year and beyond. They are ambitious and exciting, and I can't wait to work towards achieving them.

I decided to put into practice some of the motivation tips that I learned in our last session. I had been putting off making a cotton shirt for a long time, but I finally got around to it. I finished it and showed it to my coach. I was so proud of myself and felt a huge sense of accomplishment. I learned that I can overcome procrastination and get things done. I have a new strategy to help me when I need a boost of motivation.

Who are our Clients.



We continue to see a change in the clients who access our services. There has been a shift to a younger demographic along with an increasing number of people identifying as neurodiverse.

Financial Report.

Momenta Charitable Trust has finished the year with a net surplus of \$140,911.

Revenue	2023	2022
Donations, fundraising and other similar revenue	5000	278,074
Revenue from providing goods or services	1,122,442	1,084,023
Interest, dividends and other investment revenue	131,747	125,724
Other revenue	-	342
Total Revenue	1,488,163	1,488,163

Expenses	2023	2022
Volunteer and employee related costs	855,251	820,418
Expenses related to providing goods or services	193,753	212,242
Other expenses	69,275	391,051
Total Expenses	1,118,278	1,423,711

(Deficit)/Surplus for the Year	140,911	64,452
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Assets	2023	2022
Current Assets		
Bank accounts and cash	448,313	331,254
Debtors and prepayments	75,263	74,759
Total Current Assets	523,576	406,013
Non-Current Assets		
Property, Plant and Equipment	73,972	89,680
Investments	5,086,704	4,971,014
Total Non-Current Assets	5,086,704	5,060,694
Total Assets	5,610,280	5,466,707

Liabilities	2023	2022
Current Liabilities		
Creditors and accrued expenses	38,383	35,241
Employee costs payable	57,724	54,242
Other current liabilities	2,578	4,893
Total Current Liabilities	98,685	94,376
Non-Current Liabilities		
Loan	290	1,937
Total Non-Current Liabilities	98,975	96,313
Total Assets less Total Liabilities (Net Assets)	5,511,305	5,370,394

Accumulated Funds	2023	2022
Opening balance	5,370,394	5,305,942
Current year surplus	140,911	64,452
Total Accumulated Funds	5,511,305	5,370,394



Annual Report.

2022 - 2023

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