



July Wellbeing Month

SPEAKER BIOS



Te Aupōuri, Ngāti Kurī, Te Rarawa and Ngāpuhi, Hinemoa is a Fellow of the Royal Australia and New Zealand College of Psychiatrists and is a consultant child and adolescent psychiatrist. She is on the Board of The Helen Clark Foundation and is Patron of "Share My Super" a charity aimed at ending child poverty in Aotearoa. Hinemoa received the NZ Order of Merit for services to Māori and Psychiatry in 2019.

She has a PhD (2012) and NZ Health Research Council Eru Pomare Post-Doctoral Fellowship (2014-18) researching traumatic brain injury and has developed Māori specific approaches for the whole whānau (extended families) affected by traumatic brain injuries.

Dr Elder is a deputy psychiatrist member of the NZ Mental Health Review Tribunal. Hinemoa was a member of the round-table who contributed to the recently published [NZ Defence Force wellbeing strategy](#).

Dr Elder is the author of two best-selling books. "Aroha. Māori wisdom for a contented life lived in harmony with our planet" was published in 2020 and is included in the Oprah Winfrey Book club.

Her new book "Wawata. Daily Māori wisdom guided by Hina, the Māori moon, was published in October 2022.



He taonga te hauora

Wellbeing is our most precious thing

