

# **Tūhono Impact**

## **Integrated Domains with Wellbeing**

### **Measures**

Practical Tools & Prompts for Creative Spaces

## Connection & Belonging

Wellbeing link(s): Social Connection (Taha Whānau & Social Capital)

What we're looking at: Belonging, trust, supportive relationships, reciprocity.

### Possible indicators:

- % of participants reporting stronger social connections.
- Number of new relationships formed in the space.
- Stories of peer-to-peer support or collaboration.
- Evidence of participants introducing new people to the space.

### Measurement methods (with prompts):

- Quick polls or before/after surveys
  - > *Hand out a slip or ask 'How connected do you feel?' at the start and end - use emojis or colour dots for quick responses.*
- "Who did you meet today?" tally over time.
  - > *Keep a wall chart where participants can jot down new people they've met.*
- Connection mapping before and after joining.
  - > *Draw a simple map of people they know in the space - repeat after a term to see changes.*
- Relational story capture (audio, video, text).
  - > *Ask for a short story about a meaningful connection - record or write it down.*

## ♥ Wellbeing & Confidence

Wellbeing link(s): Emotional & Mental Wellbeing (Taha Hinengaro) + Physical Wellbeing (Taha Tinana)

What we're looking at: Confidence, self-esteem, emotional resilience, reduced distress, physical comfort and energy.

### Possible indicators:

- % of participants feeling “happy” or “positive” after sessions.
- Number expressing improved self-confidence in sharing work publicly.
- Participant quotes about emotional growth or resilience.
- Participant self-reports of physical benefits (e.g., more energy, reduced stress).
- Observed increase in physical engagement (duration, movement range).

### Measurement methods (with prompts):

- Emoji or traffic light wellbeing check-in at start/end.  
-> Lay out a chart with happy-to-neutral-to-sad faces; ask for stickers each arrival/departure.
- One-question pulse survey (“I feel more confident today” – agree/disagree).  
-> Ask one quick question and collect thumbs up/down or ticks.
- Facilitator observation notes.  
-> Note visible changes in mood, engagement, and willingness to share.
- Short physical wellbeing check (“I feel more energised” – agree/disagree).  
-> Quick thumbs up/down or coloured card rating after activity.

## Skills & Pathways

Wellbeing link(s): Learning, Skills & Growth

What we're looking at: Creative skill development, leadership opportunities, personal growth.

### Possible indicators:

- % reporting increased creative skills.
- Number progressing to new roles (volunteer, leader, paid work).
- Self-reported confidence to teach, exhibit, or perform.
- Skills applied in other life areas (employment, education).

### Measurement methods (with prompts):

- Pre/post skill confidence ratings.
  - > *Ask participants to rate their confidence before and after a block of activities.*
- Facilitator skill progression checklists.
  - > *Keep a simple checklist of new skills tried or improved over time.*
- Peer/tutor feedback.
  - > *Encourage short constructive comments from others in the group.*
- Follow-up contact 3-6 months later.
  - > *Check in later to see if skills are still being used in other areas.*

## Cultural Identity & Expression

Wellbeing link(s): Cultural Identity & Expression (Taha Wairua)

What we're looking at: Affirmation of identity, pride in heritage, cultural expression.

### Possible indicators:

- % feeling their culture is represented/respected.
- Number of projects integrating cultural artforms or language.
- Audience feedback on cultural resonance.
- Participant-initiated culturally significant projects.

### Measurement methods (with prompts):

- Artist statements on meaning of work.
  - > *Invite each artist to share 1-2 sentences on the cultural meaning of their work.*
- Short audience surveys at exhibitions.
  - > *Provide short feedback forms asking how connected they felt to the work.*
- Facilitator reflection logs on cultural content.
  - > *Record cultural elements used and participant engagement levels.*
- Documentation of tikanga, language use, or cultural practices in sessions.
  - > *Keep a log of language, customs, or cultural themes present.*

## Community Contribution & Civic Impact

Wellbeing link(s): Contribution & Civic Engagement + Overall Wellbeing Composite

What we're looking at: Community participation, giving back, advocacy, public presence.

### Possible indicators:

- Number of public events/exhibitions involving participants.
- Number of collaborations with civic/community groups.
- Examples of work influencing public dialogue or policy.
- % of participants showing improvement across a confidence-connection-learning composite.

### Measurement methods (with prompts):

- Event and audience counts.  
-> *Track how many people attend and participate in events.*
- Media/social media tracking.  
-> *Save clippings, screenshots, and posts mentioning your work.*
- Post-project partner feedback.  
-> *Ask collaborators for 2-3 sentences on impact and value.*
- Mini-index: I feel positive about myself today; I feel connected to others here; I learned or tried something new.  
-> *Ask these 3 questions regularly and note score changes.*