

**Department of
Psychology**
The University of
Waikato
Private Bag 3105
Hamilton, New
Zealand

Telephone 64-7-856
2889
Facsimile 64-7-858
5132



Assoc Prof. Robert Isler
School of Psychology
The University of Waikato
Private Bag 3105
Hamilton, New Zealand

Summer 2018

Re: In support of the ATAWHAI, Kindness Institute, non-profit organisation.

TO WHOM IT MAY CONCERN

This is in full support of the application for funding the ATAWHAI program, a 12-months stress and monitoring intervention in response to the high needs of marginalised young people facing serious psychological issues, such as anxiety, self-efficacy problems, depression, and self-harm. This kind of intervention is exactly what New Zealand needs to improve the mental health of our youngsters in serious crisis and I truly hope that you will be able to fund this extremely worthwhile project, which hopefully can be rolled out throughout the whole country.

I had the opportunity to listen to a keynote presentation delivered by the Executive Director (Kristine Cavit) of the Kindness Institute and I can assure you that the psychological framework that drives the ATAWHAI program, based on mindfulness, self-compassion, kindness and caring for themselves and others, is sound and robust.

We will be happy to invite the team delivering ATAWHAI to the next Positive Psychology conference on Saturday, 24th November 2018, in order to present the outcome of the fantastic program. I can only congratulate you for having attracted such a worthwhile and strong application - and please do not hesitate to contact me if I can provide you with more information.

robert@isler.co.nz, mobile: 027 418 8423.

Yours sincerely,

Robert Isler, Ph.D.
Associate Professor
Psychology Department
University of Waikato

Acting President of the NZ Positive Psychology Association.