

ARISE

Arise out and about: the Next Steps Disability Expo

We loved being part of the Next Steps Disability Expo at Parakiore and connecting with so many people, businesses and organisations across the day.

We spoke with **100+ businesses and people,** all looking at different ways to support people, build stronger connections and create better opportunities.

One thought really stayed with us:

People know people who help people. So much starts with connection, a conversation, an introduction, a question, or simply knowing who to ask. That's what we want Arise to be part of too.

Stay connected. Be curious. Ask questions. Follow Arise Coaching on our socials for coaching, neurodiversity and career updates, and follow Arise Consulting on LinkedIn to keep up with our wider work.

You never know who you might connect with next.

ARISE

HiNZ Digital Health AI Summit – security and equity by design

For those of you in the digital health sector you may have seen us at the HiNZ AI summit in Christchurch. We have been working alongside HiNZ to make the information that is shared at these events more accessible afterwards using our online Assistant called EMmA.

Learn more @ www.emmaassist.com/emma-app

ARISE

Arise Overseas: Supporting Communities at Home and Abroad

This month, most of our team is heading to the village of Nakalavo, Fiji, to help friends and the local community with hands on support. Our heart at Arise is to serve people through both digital innovation and practical action, and this trip represents our commitment to extending that care wherever we can. It has been a productive few weeks for us as well, from delivering our neurodivergent empowered interview course to helping partners implement new AI driven workflows. While our time in Fiji is focused on community rather than the current local health crisis, we believe in staying informed about global challenges. You can read more about the ongoing HIV situation in Fiji through the link provided below to understand the context of the region we are visiting.

Read more @ https://www.aidsmap.com/news/aug-2026/fijis-perfect-hiv-storm



INDUSTRY NEWS

General Practice Is Stabilising, But Recovery Remains Fragile

Scoop · 13 September 2026

GenPro's Annual Pulse Survey indicates that general practices are showing improvement across most operational and financial measures, though the overall recovery remains precarious.

Why it matters: Understanding the stabilization of general practice is vital for gauging the health of the primary care sector.

Read at source →

New Zealand's Antibiotic Overuse

Scoop · 11 September 2026

Recent research reveals high rates of antibiotic usage, with 96% of children receiving at least one round and median children reaching seven rounds by age five.

Why it matters: High antibiotic consumption rates among children and pregnant women raise long-term public health concerns regarding resistance.

Read at source →

Aotearoa's Hearing Health Challenge: New Study Shows Hearing Loss Costs NZ Over $1 Billion A Year

Scoop · 9 September 2026

Research from NZIER quantifies the economic burden of untreated hearing loss in New Zealand at over $1 billion annually, driven by lost productivity and social isolation.

Why it matters: Identifying the massive economic impact of hearing health can drive better investment in preventative and corrective medical services.

Read at source →

QUICK INSIGHTS

heart-pulse

Preventative Health Support

Research indicates that there is strong support for prevention-focused policies to improve health outcomes and reduce systemic pressure.

server

Digital Transformation Needs

Healthcare organizations are facing financial pressure, necessitating technology solutions that provide long-term, sustainable benefits.

apple

Dietary Trends

Data shows 200,000 more New Zealand adults are eating 5+ servings of fruits and vegetables daily, with Māori representation exceeding the national average.

UPCOMING EVENTS

ADHD Awarness month - October

📍 Global

The ADHD Awareness Month coalition is partnering with organizations around the world with the shared global goal of dissemination of reliable information about ADHD and its treatments.

October

STAH Digital - October Webinar

📍 Online

a conversation exploring the innovative clinical research underway supporting hospital-in-the-home. https://events.humanitix.com/stah-digital-webinar

14th October 2026 Register →

Arise coaching. ADHD Parenting Workshop

📍 Christchurch, New Zealand

An informative and practical workshop for parents whos children have ADHD (no diagnosis nessasery)

22nd October 2026 Register →

Arise coaching. Interview Readiness

📍 Christchurch, New Zealand

An informative and practial session for neurodivergent tecneques to help prepare you for interviewws. https://events.humanitix.com/interview-readiness-ns2g9r22

6th November 2026 Register →

ARISE COACHING

Scan for coaching events

REFLECTION

GRATITUDE

The Practice of Noticing Enough to Be Thankful

Gratitude is not a feeling that arrives, it is a practice that reshapes what you notice. The mind is wired to scan for threat and lack, which means gratitude must be chosen, sometimes against the evidence of a hard day. It does not deny difficulty. It refuses to let difficulty be the whole story. Teams shaped by gratitude become more honest, because gratitude creates safety, and safety makes truth tellable. What you appreciate, appreciates.

What is one ordinary thing today that, if you lost it, you would ache to have back?

How might shifting your daily focus toward gratitude change the way your team navigates challenges this week?

Arise Consulting
People First, Tech Enabled

Arise Coaching
Clarity creates confidence. Confidence creates change.

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