



Tēnā koutou katoa,

Ko Laura Gemmell tōku ingoa.

I te taha o tōku pāpā, he uri ahau nō Ngāti Pahauwera,
Ngāti Kahungunu ki te Wairoa, Ngāti Tūwharetoa.

Ko Gemmell rāua ko Smith ōku ingoa whānau.

I te taha o tōku māmā, he uri ahau nō Ngāti Kahungunu
ki te pakipakitanga o Hine te moa, Ngāti Tūwharetoa,
Waikato hoki. Ko Makowharemahihi tōku ingoa
whānau.

Nō Ōtepoti e noho ana, heoi, ka whakahoki tāku whānau
ki Ngāti Kahungunu i te mutunga o tēnei tau. Rua tekau
mā rima ōku tau. Ko Pīkau tāku tamahine; i whāngai ia ā
te Tīhema o 2022. Kia ora rangatahi mā.

Ko ōku wawata mahi ko te whakapai me te tautoko i te
hauora o ngā iwi Māori, mā te whakapai i te tūtanga
hauora. He ngākau whiwhita tōku mō te hauora māori,
te whakawhanake i te iwi Māori, me te mana taurite
hoki. I te tau 2021 i whiwhi ahau i tōku tohu i te
Bachelor of Health Sciences i te Whare Wānanga o
Ōtākou. I tēnei wā kei te whai ahau i taku tohu paerua,
arā, te Masters of Health Sciences ki Massey University.
He kaiako taunaki ahau kei a Kōhatu Centre for Hauora
Māori ki te Whare Wānanga o Ōtākou.



*He pai ki au ngā mahi
whakapakari tinana, pēnei i
te oma me te CrossFit, he pai
hoki ki a au ngā mahi toi, te
tunu i ngā momo purini, me te
mātakitaki Netflix hoki.*

Laura



- **Where did you grow up?**

I grew up going to primary and intermediate in Tawa, Wellington. Around 2011, my whānau moved back to Kahungunu and have been living in Flaxmere ever since!

- **Have you ever failed at something?**

Yes! I really struggled with science at school and even failed a science paper at university in my first year, but I worked really hard and reached out to a lot of my tuakana and they helped me push through.

- **What do you recommend to help someone get through a bad day?**

Get outside and exercise! If that doesn't help, talk to someone you trust!

- **What's your favourite food in the whole world?**

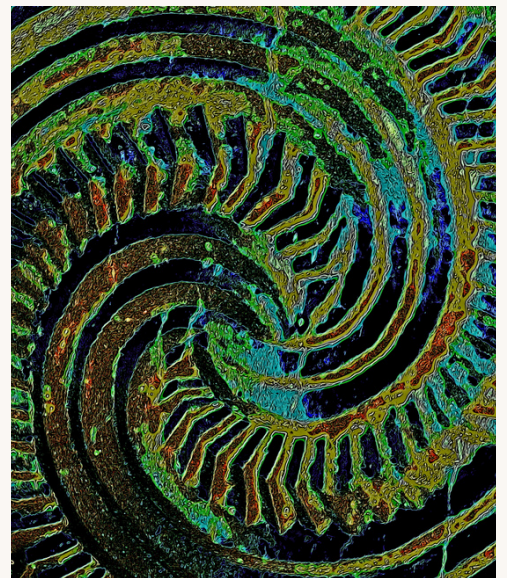
Watermelon

- **Who was your favourite teacher/coach and why?**

Mr Powdrell. He was my history teacher at Hastings Girls' High School. He always put his students first and really cared about all of us! He helped me out a lot when I was struggling and even helped me get extra credits to make sure I left school with University Entrance.

- **How did you get into your mahi?**

I put myself out there and asked all my lecturers for jobs or internship opportunities and if they didn't have any space I asked them to refer me on to their colleagues.



E hara taku toa, i te toa takitahi, he toa takitini

I love this whakatauki because it talks about the importance of working together, that we cannot succeed alone.

Laura