



Dr Te Aro Moxon

- **Ko wai tēnei?**

Dr Te Aro Moxon graduated from Auckland University medical training in 2009 and works as a paediatrician at Waikato Hospital. Te Aro is also a Senior Lecturer at the University of Auckland in the Department of Paediatrics and with Te Kupenga Hauora Māori. He was awarded RACP Trainee of the Year in 2019. In 2021 Te Aro completed a Master of Science in Global Health Science and Epidemiology at the University of Oxford, supported by the UK government as a Chevening Scholar. Outside of medicine, Te Aro is a graduate of Te Panekiretanga o Te Reo - The Institute of Excellence in the Māori language and Te Mata Punenga.



- **Where did you grow up?**

I was born in Tauranga and grew up in Hamilton. My mother, Tureiti Moxon, was raised in Mōhaka.

- **What was your favourite subject at school and why?**

I really enjoyed Classical Studies. It was fascinating to me to learn about history and other cultures.

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

My older sister had health issues as a child. When I was in high school she encouraged me to become a doctor and work with tamariki and rangatahi.

Have you ever failed at something?

‘I’m not very good at escape rooms lol’

Te Aro



- **Who was your favourite teacher?**

My favorite teacher was Mr Gregor Fountain. He was a history teacher and he encouraged me to learn more about our history in Aotearoa. Learning about our history helped me to grow as an individual and to be more confident.

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

Crayfish, creamed pāua, oysters, tītī, roast lamb... too many lol

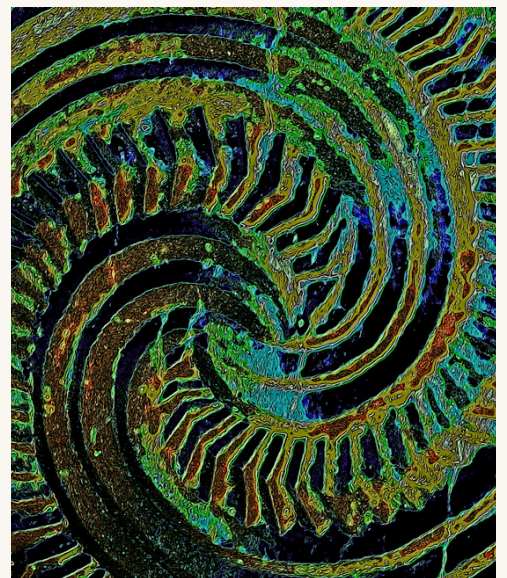
- **What's your favourite whakataukī?**

‘Ko te amorangi ki mua, ko te hāpai ō ki muri’

This whakataukī encourages us to put wairuatanga first and the rest will follow. It reminds me to karakia to draw strength and to keep going when times are tough.

- **Tell us about a piece of mahi you're proud of:**

I wrote a mōteatea for my cousin who passed away recently. The process of composing was healing for me and helped me to process my thoughts and feelings. Now when we sing it, it makes me feel close to my cousin, my whānau and Ngāti Pāhauwera.



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

Spend time with those who you love and who build you up. It also helps to do exercise or something that allows you to reset.

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