



Tyrell Gemmell

Ko Maunga Haruru-Tangitū te maunga
Ko Mōhaka te awa
Ko Takitimu te waka
Ko Waipapa a iwi te marae
Ko Ngāti Kurahikakawa te hapū
Ko Ngāti Pāhauwera te iwi
Ko Tyrell Gemmell tōku ingoa
Tihei mauri ora!



**‘Ahakoa he iti,
he pounamu’**

- **Where did you grow up?**
Flaxmere, Hastings
- **What was your favourite subject at school and why?**
Science
- **Who was your favourite teacher?**
Mr Shaughnessy - he was humorous and respectful.
- **What is your favourite whakataukī?**
"Ahakoa he iti, he pounamu" - because it can relate to any measure of success or progress we make. Even just a little bit of progress can be precious.

Tyrell



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

I am fortunate to have had strong support from whānau, iwi and others. I am a product of my support networks. I attended Hastings Boys High School from 2007-2011, where I was a prefect in my last year.

I worked for a year and then was a missionary for two years for the Church of Jesus Christ of Latter-day Saints in southern Italy, including Sardinia and Sicily. After my missionary service, I worked for a few months and then went to Brigham Young University in Hawaii, where I studied Psychology. I also completed a minor in Pacific Island Studies and a certificate in Criminal Justice. These complemented my Psychology major as I aspire to become a forensic psychologist. I graduated in December 2019 and returned to Aotearoa, where I was employed by Te Taiwhenua o Heretaunga as an Addictions Practitioner, working with rangatahi in prison regarding their mental health and addiction issues.

In October 2020, during COVID-19, I travelled to the USA to marry my partner and lived with her in Arizona for three months. We came back to Aotearoa in January 2021. I enrolled for study at Massey University for a postgraduate Diploma of Arts (Psychology) and am now with the University of Otago completing a Master of Arts by thesis.



**Have you ever failed
at something?**

Yes - singing!

Tyrell



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

Kina and pāua!

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

I presented at the Cutting Edge conference, hosted by DAPAANZ. I talked about using interventions from te ao Māori (mau rakau, haka, waiata, karakia) to promote catharsis. I am proud of this because it allowed me to show others who don't fully understand te ao Māori that our mahi has validity, from both a Western and Māori point of view.

- **Can you share your whakapapa from a Pāhauwera ancestor?**

Rewi Gemmell & Mihiterina Keefe

Benjamin Gemmell

George P Gemmell

George H Gemmell

Paul Gemmell

Tyrell Gemmell

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

A rest, relaxation with music and a kai.



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