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| **English** | **Māori** |
| I've always been a survivor. | He mōrehu tonu ahau. |
| I've always been someone to push. | He wahine horopū ahau. |
| No matter the odds, I decide. | Ahakoa ngā uauatanga, kei ahau tonu te tikanga. |
| I wanted my legacy to be that you can fight and you can keep pushing no matter what crap comes your way. | Ko taku pīrangi ko taku taonga tuku iho kia pēnei, ka taea e koe te whawhai, ka taea tonutia e koe te kōkiri tonu ahakoa he aha ngā mahi kino ka pā ake nā ki a koe. |
| So, my name’s Lisa-Maree, I am 43 years old, and I live in Stillwater of Auckland  on the very north of the North Shore. | Nā, ko Lisa-Marie tōku ingoa, whā tekau mā toru ōku tau, e noho ana ahau ki Stillwater i Tāmaki Makaurau i te tino pito raki o Te Raki Paewhenua. |
| I had celebrated my 40th birthday. | I whakanui ahau i taku huritau 40. |
| I was in Bali. | I Bali ahau. |
| I got engaged to my partner, which was a complete surprise to me. | I taumau ahau ki taku hoa, he tino ohorere tērā ki ahau. |
| I was managing a salon and I loved it. | I te whakahaere ahau i tētahi whare whakaataahua makawe i arohaina rā e ahau. |
| I have a son who I raised on my own. | He tama tāku, ā, nāku ia i whakatupu ake ā nō nei nāku ia i whānau. |
| So life was really great. | Nā, he tino rawe te ora. |
| I had an aneurysm burst in my brain and that caused a massive haemorrhage. | I pakaru mai te aneurysm i roto i ōku roro, nā tērā i puta mai ai he ikura roro nui rawa. |
| I tried to get out of bed and I just collapsed on the floor. | I ngana ahau ki te ara ake i te moenga, engari, ka hinga noa kē ahau ki te papa. |
| And then I was confused, disorientated. | Nā, ka pōhauhau ahau, ka pōhēhē. |
| And so they had to do an emergency procedure. | Nā, i mate rātou ki te mea i tētahi mahinga hauora ohotata. |
| I'm very, very lucky to be alive. | He tino waimarie ahau ki te ora. |
| The stroke completely flipped my life upside on its head. | Nā te mate ikura roro i rerekē katoa tōku ao. |
| All of a sudden, I had no control over my body. | Whāia nei ka kore kau ōku kaha ki te whakahaere i tōku tinana. |
| My brain had difficulty saying things and comprehending things. | He uaua ki taku roro kia whai i te ia o ngā kōrero me te aroā mea. |
| And I had to learn to talk, to walk all over again from scratch. | Ā, i meinga ahau kia ako ki te kōrero, ki te hīkoi anō. |
| The depression got so deep, and I just I didn't want to live anymore. | Ka taumaha rukuruku te kōtonga, ā, kāore au i pīrangi kia ora tonu. |
| I didn't want to keep waking up in the morning and knowing that it was just the same horrible existence that I had. | Kāore au i pīrangi ki te oho tonu i te ata me te mōhio ko taua āhua weriweri ake nei anō mō taku ake oranga. |
| We first met Lisa in May, a few months after she'd experienced a stroke. | I tūtaki tuatahi māua ki a Lisa i te marama o Haratua, i ētahi marama i muri i tana pāngia e te mate ikura roro. |
| Myself and Monica, one of our community stroke advisers, went out and saw her in the home and first saw her when she was in that really intensive stage. | I haere māua ko Monica kia kite i a ia i tōna kāinga. Ko Monica tētahi o ā mātou kaitohutohu mate ikura roro hapori. I tō māua kite tuatahitanga atu i a ia kua tae tōna mate ki weriweri. |
| It must have been so confronting in those early stages because there's so much going on. | Kāore e kore i tino uaua mōna i taua wā nō te mea he nui tonu ngā āhuatanga i puta mai ai. |
| Once I started actually doing as I was told, things lightened up a little bit. | I te wā i tīmata ahau ki te mahi i ngā mea i tonokia mai ahau, kua mārama ake taku ao. |
| So we were really there in those early stages to sit alongside her in the team. | Nō reira ko tā maua i aua wāhanga tuatahi he noho tūturu ki tōna taha i te kapa. |
| Really listen and find out about what was going to have the biggest impact for Lisa. | He whakarongo pīkari atu kia mōhio ai he aha ngā mea ka tino pā atu ki a Lisa. |
| What she really wanted, what her real goals were, which change all along the way. | He aha tana tino hiahia, he aha ana tino whāinga, nō te mea ka panonitia ērā i te takanga o te wā. |
| But just trying to get a sense of where we could have the most impact and support her in those early stages. | Engari ko te ngana noa ki te mōhio he aha ngā mahi ka tino whai hua, me te tautoko i a ia i aua wāhanga tōmua. |
| I joined a stroke survivors group out West. | I uru atu ahau ki tētahi rōpu mōrehu ikura roro ki te hauāuru. |
| Rachelle from the Stroke Foundation actually put me on to them. | Nā Rachelle nō te Stroke Foundation ahau i whakamōhio ki a rātou. |
| So that was amazing. | Nā, he mea whakamīharo tēnā tūāhua. |
| I went there and they welcomed me with open arms. | I haere ahau ki reira, ā, ka pōwhiri mai rātou i ahau me ngā ringaringa tuwhera. |
| We have a Facebook group page and we meet every week. | He whārangi rōpū Pukamata tā mātou, ka hui mātou i ia wiki. |
| It was really uplifting. | He tino whakaihiihi te wheako. |
| I started off with at home rehabilitation after the hospital, which is a community one, and then after that they told me about places like ABI. | I tīmata ahau ki te haumanu ki te kāinga i muri mai i te putanga i te hōhipera, ā, nō te hapori tērā, ā, ka kōrero ake rā rātou ki ahau mō ngā wāhi pēnei i te ABI. |
| So it's all about brain injury, rehabilitation. | Nō reira ko te whara o te roro te iho, arā te whakahaumanutanga. |
| And marching on the spot. | Ā, tūhīkoi. |
| Try and move your arms as well. | E ngana ki te neke hoki i ō ringaringa. |
| If you have a stroke, you've got a weak side. | Mēnā kua mate ikura roro koe, ka ngoikore tētahi taha ōu. |
| So with the exercises we do, it's all about strengthening those thighs and your core so that if you fall, you can get your foot under yourself and you can pick yourself up. | Nā, ko ngā mahi whakapakari tinana e mea ana mātou, he whakapakari i ō hūhā me tō puku, mō te tūpono ka taka koe, ka taea e koe tō wae te whakatū, kia taea e koe te whakaara ake. |
| Now we'll just go on to the balance. | Ināianei, ka whakapakari tāua i tō taurite. |
| So this is going to be for the muscles in your lower leg and for your balance. | Nō reira, mō ngā uaua o tō waewae o raro me tō taurite anō hoki. |
| Alright so you're going to come up on your toes and lift your arm up and balance. | Kāti, ka tū koe i ō matimati, ā, ka ara ake tō ringa ki runga, ā, ka tū taurite. |
| No swearing. | Kaua e kangakanga. |
| I first connected with Lisa through the Stroke Foundation. | I hono tuatahi ahau ki a Lisa rā roto i te Stroke Foundation. |
| They linked us up with Lisa, said she was very determined to get into work. | I hono rātou i a mātou ki a Lisa, me te kī iho he tino hīkaka ia ki te uru ki te mahi. |
| She talked a lot about her experience in hairdressing and her journey, and she was very open with me from the beginning. | He maha tāna kōrero mō tana wheako ki te whakapaipai makawe me tana haerenga, ā, he tino tuwhera tana ngākau ki ahau nō te tīmatanga. |
| So, Lisa, what does work mean to you? | Nā, Lisa, he aha te tikanga o te mahi ki a koe? |
| Working, paying your own bills. | Te mahi, te utu i āu ake pire. |
| Finding your own place. | Te kimi i tō wāhi ake. |
| And being able to have the means to support yourself is very important, I think. | Ā, ki taku whakaaro, ko te āhei anō hoki ki te tautoko i a koe anō, ā, he mea tino nui tērā. |
| She talked me through coming to that realization that based on her condition and where she was at physically, hairdressing was something that she wasn't going to be able to fall back into straight away. | I kōrero ia ki ahau mō te tupuranga o tana āhukahukatanga ki tōna āhuatanga me te hauora o tōna tinana, e kore e taea e ia te hoki tōtika atu ki te mahi whakapaipai makawe. |
| And that was something that she really had to come to terms with. | Ā, koia rā tētahi mea i āta āhukahukatia e ia. |
| And she talked me through the grief, I suppose, of losing that part of herself. | Nā, ka kōrero mai ia ki ahau mō te pōuritamga o te ngaronga atu o tērā taha ōna, ki taku whakapae. |
| It was all about tapping into her amazing personality and determination to work for herself and be independent. | Arā, ko te toro atu ki tana haukiri rawe me te manawaroa ki te mahi mōna ake anō me te noho motuhake te iho. |
| I work at Westfield in Albany Mall and I am a customer service representative. | Kei te mahi ahau i Westfield i Albany Mall, ā, he māngai āwhina kiritaki ahau. |
| I think I did a big dance around when I when I finally got that job. | Ki taku maumahara he nui taku kanikani i te wā i whiwhi ai au i tērā mahi. |
| For me, I love helping people. | Mōku ake, he pai ki ahau ki te āwhina i ngā tāngata. |
| Right, are you ready? | Ka pai, kua rite koe? |
| Ok. | Ka pai. |
| Dry shampoo. | Hopi makawe maroke. |
| Good. | Pai. |
| Hold it. | Puritia. |
| Take the top off. | Tangohia te kōpani. |
| I’ve not been able to hold that before. | Kāore au i kaha ake ki te pupuri i tērā i mua. |
| Take the top off. | Tangohia te kōpani |
| Woo hoo! | Hurō! |
| Shake, shake, shake. | Rupea, rupea, rupea. |
| For my future, I am still working on my hand. | Mō taku anamata, kei te whakapakari tonu ahau i taku ringa. |
| That is still my ultimate goal. | Koia tonu taku tino whāinga. |
| Getting back to doing what I love, what I'm passionate about – hair. | Te hoki ki taku mahi makau, taku e ngākau nui nei – arā, te whakapaipai makawe. |
| I’d love to be doing hair again. | E hiahia ana ahau ki te whakapaipai makawe anō. |
| And so I bought you a little present. | Nā, i hokona e ahau tētahi perehana iti māu. |
| Just so you still feel part of our team at HairNow on Apollo. | Nā, kia rongo tonu koe ki tō noho huānga ki tō tātou kapa i HairNow i Apollo. |
| I'm going to get there, I’m going to get there! | Ka tutuki i ahau, ka riwha mārika i ahau! |
| Don't worry. | Kaua e mānukanuka. |
| I'll get there. | Ka riwha i ahau. |
| I've now got my own place. | Kua whiwhi ahau ki taku ake whare. |
| I'm working. | Kei te mahi ahau. |
| I'm happy. | Kei te harikoa ahau. |
| But I'm living, I'm living. | Engari kei te ora ahau, kei te ora ahau. |
| I have a second chance at life and I'm not going to look back. | He āheinga tuarua tōku ki te ora, kāore kau au e horokukū. |
| As my mum said, if you look back, you're only going to get a stiff neck so keep going forward. | Ko te kōrero a taku māmā, ki te titiro whakamuri koe, he kakī mārō noa iho te otinga ake nō reira me haere whakamua. |