

Graeme Dingle Foundation Q & A



Patrick Tuipulotu

We reached out to Patrick Tuipulotu, one of New Zealand's best rugby union players to hear what he had to say about the Graeme Dingle Foundation and the mahi we do.

Fun Fact: Patrick Tuipulotu is the current Captain for the Blues rugby union team and also plays for the All Blacks.



**GRAEME DINGLE
FOUNDATION**

Empowering kids to overcome life's obstacles
Whakamanawatia ngā tamariki kia eke panuku

Q.

How do you show resilience on the field?

A.

On the field my job is to lead my teammates by playing well and making the right decisions and calls wherever I can.

Sometimes things don't go my way or how I want them to and that puts pressure on myself and my team. **Resilience** is simply being able to **stay calm and collected** so that anytime that the "pressure" comes along, it doesn't become over bearing or distracting.

Showing **resilience** off the field is very much about my **preparation** and **being disciplined** to do what is needed to become better each day, being disciplined rather than finding **motivation** to reach whatever **goals** are in sight.

Q.

Have you had a mentor like figure in your life? If so, how did that impact you?

A.

Not so much a mentor but **role models**. I was privileged to play alongside some very influential people, best of the best type of players.

Being able to see firsthand how some of these people went about their **preparation** and being able pick up and apply things to help myself be a better player and person was very inspiring.

Q.

Any advice for young people who may be facing some obstacles in their life?

A.

An 'obstacle' is an obstacle because **there is always a way through it**. Things will always get hard but there is always someone that is willing to **listen** and **help out**. The hardest thing to do is reach out.

Q.

What made you want to support the Graeme Dingle Foundation?

A.

I've always wanted to give back to the youth in a way that was not token-like, I want to be able to **share my past** and upbringing to hopefully **help young people** make good decisions and nurture them to **become strong** as they find their way through the **young stages of life**.