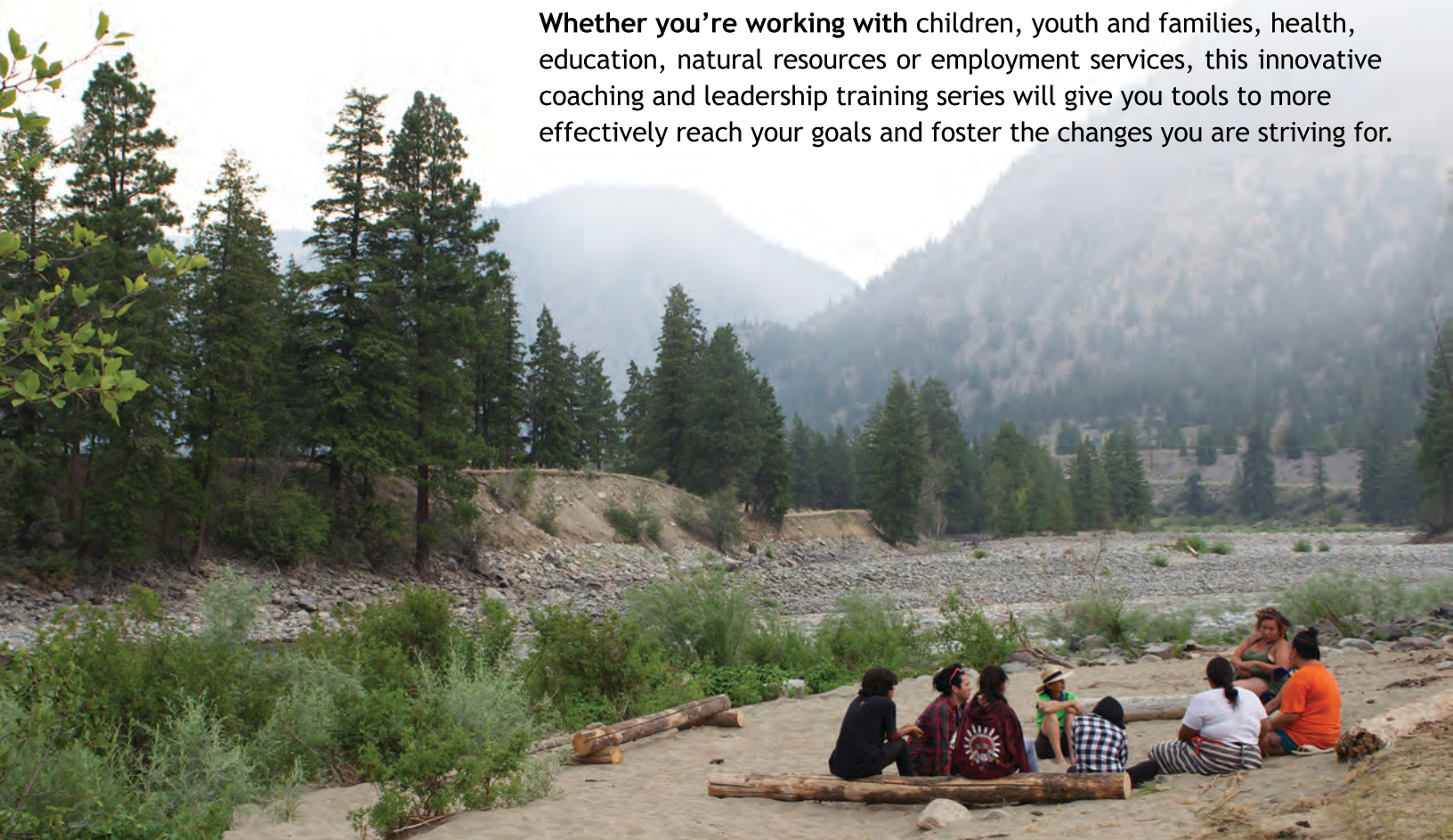


# CHAMPIONS OF CHANGE

Tools to ignite commUNITY and transformNATION

Whether you're working with children, youth and families, health, education, natural resources or employment services, this innovative coaching and leadership training series will give you tools to more effectively reach your goals and foster the changes you are striving for.



**with facilitators: Kelly Terbasket & Deb Crow  
Shatford Center, Penticton BC**

**REGISTER for one—or sign up for all 8 workshops:**

**November 23 • December 14 • January 16 • February 1  
February 22 • March 15 • April 5 • April 26**

To register or for more information please contact  
Anni Phillip at [inspire@IndigenEYEZ.com](mailto:inspire@IndigenEYEZ.com) or 250-328-9634

# 8 SESSION OVERVIEW

## Tools to ignite commUNITY and transformNATION

**IndigenEYEZ Champions of Change** training is a pathway to strengthen your leadership skills and enhance the impacts of your work. This arts-based program combines personal growth with skills building in community engagement, collaboration, and facilitation.

*You can jump in at any point in the journey and still benefit deeply – whether you take one or all of the workshops.*

**Champions of Change: Leadership Tools to Facilitate Community Transformation** is a holistic, dynamic learning experience spread over 8 sessions. The series is focused on systemic change and showing participants how to create safe spaces for community building. Because we use a coach approach, we focus on the needs and priorities that arise from the specific group assembled for each workshop – so the topics covered in the sessions are both responsive and fluid. Here is the general flow and themes that will be woven together and covered over the 8 sessions:

**Nov 23** – Setting the foundation for group learning – fun and engaging tools to foster safety and connections in a group. Introduction to coaching and change theories: how do we create the changes we want to make? Our elevator pitch: Why I do what I do. What are our dreams for the future? What is Syilx prosperity?

**Dec 14** - Learning process to strengthen connection to self, self-awareness. Drawing out our essence: passion and purpose. Where are my growth edges? What do I want to change in my leadership? What kind of leader am I? What are my strengths?

**Jan 16** - Strengthen connection to others. Empowering conversations: listening deeply, strength-based communication skills. Know your triggers and masks. How to give feedback respectfully.

**Feb 1** – Strengthen connection across the sectors and larger community. Breathing Syilx life into our programs. Culture is not in a box. Trauma-informed approaches. Fostering lateral compassion and respect. Our Indigenous journey: historical timeline and visioning for the future.

**February 22** - Strengthen connection across race, gender, sexual orientation and age. How to set boundaries and stand up for yourself in the face of the 'isms' and discrimination. Compassionate communication: Expanding our emotional intelligence. How to have courageous conversations.

**March 15** - The journey of self-care. Loving yourself: taking care of and expanding our SPARK. What are the mental blocks that prevent us from self-care? Share tools and create personalized 'rituals' that are realistic daily steps to fill our own cup.

**April 5** – Bringing it home: Practice leading activities and applying the creative facilitation methodologies. Share presentations.

**April 26** - Strengthen our connection to the land. This session will include going on a walk about on the land. Use rediscovery activities to help us strengthen our relationship to the land. Surprise guest speaker will share Syilx cultural knowledge.



Creative empowerment methodologies are woven with our Syilx knowledge to breathe Syilx life into the programs we deliver: **way' kin cheetch**

**Our mission is to engage, inspire, and mobilize communities to return to the strengths of our ancestors.**

**Discover your mission—Uncover your strengths and gifts.**

We use arts and land-based experiences to improve confidence, communication, and group engagement skills. We share a proven method of increasing the trust that people feel with ourselves and with others. This powerful work helps shift patterns of self-defeating behaviors brought on by colonization and creates the healthy connections that build commUNITY.

*These workshops will fill your  
**Leadership Bundle**  
with the knowledge and tools to:*

- Become more confident
- Create safe social spaces
- Lead courageous conversations
- Inspire and mobilize others
- Strengthen your voice
- Enhance your self-expression
- Foster lateral kindness
- Bridge generations and sectors

*Our Principles Of Learning:*

- The wellbeing of one is connected to the wellbeing of all
- Nurturing our relationship to the land nurtures our whole self
- Everyone is valuable
- Creativity is a way to express our ancestral gifts
- Culture is not static, it is constantly evolving, so we honor our cultures from a living place

**REGISTER for one—or sign up for all 8 workshops:**

**LOCATION:** Shatford Center, 760 Main Street, Penticton BC

**DATES:** Nov 23, Dec 14, Jan 16, Feb 1, Feb 22, Mar 15, Apr 5, Apr 26

**Time:** 9:00 am - 4:30 pm

Lunch will be provided for each session, with gluten-free and vegetarian options.

**COST:** \$125/per workshop (25% discount if you pre-register for all 8 sessions)

For more information contact: Anni Phillips, [inspire@IndigenEYEZ.com](mailto:inspire@IndigenEYEZ.com) or 250-328-9634



[www.indigeneyez.com](http://www.indigeneyez.com)

**CLICK HERE TO REGISTER ONLINE**

