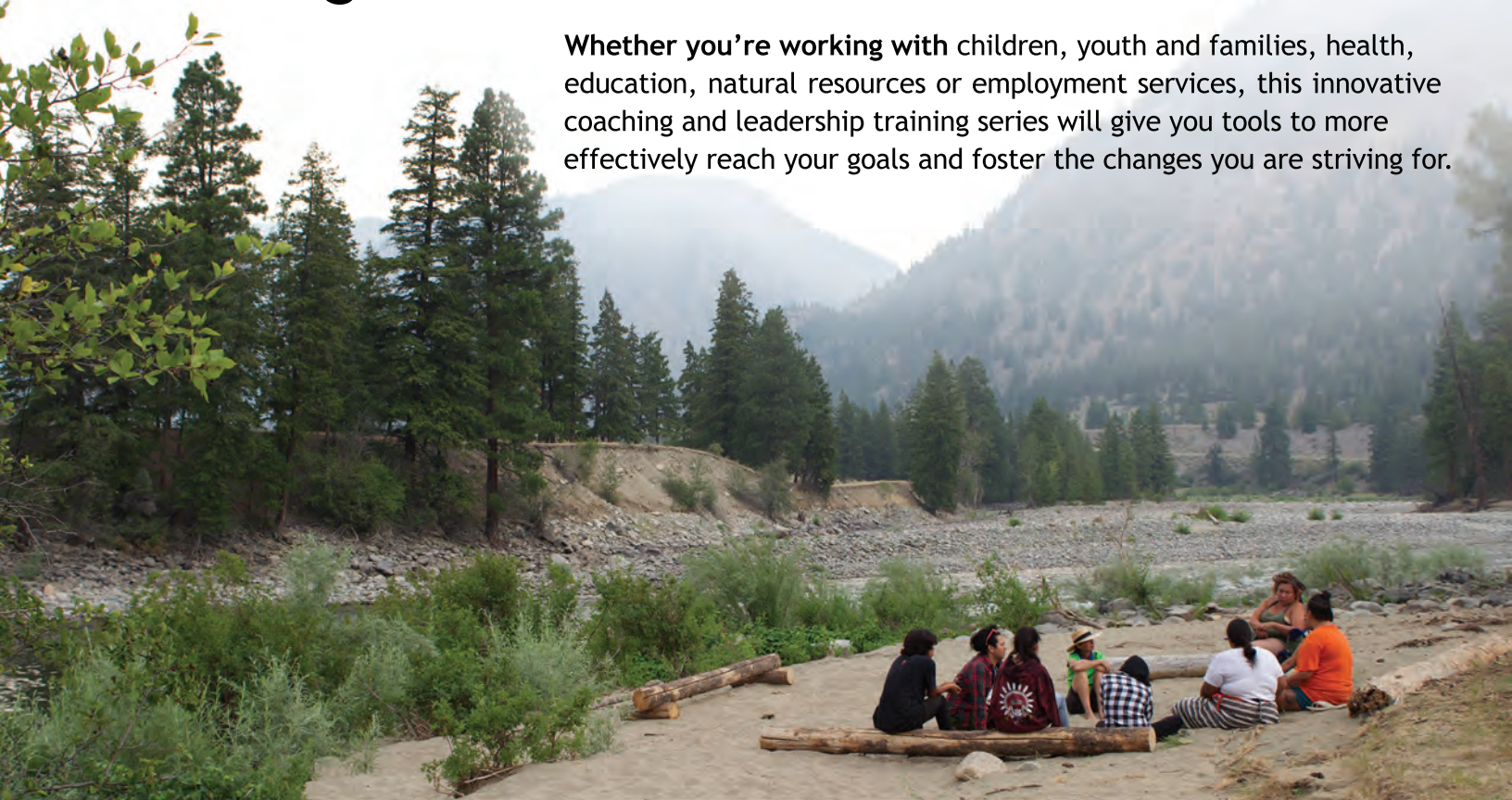


# CHAMPIONS OF CHANGE 2019/20

## 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.



**Facilitated by Program Director Kelly Terbasket**  
with additional facilitation support from:  
Deb Crow, Kim Haxton, Allan Thomas Lindley, and Bill Cohen

**REGISTER for one—or sign up for all 10 workshops:**

**Westbank First Nation Health and Wellness Building, West Kelowna BC**

Friday Oct 25th • Monday Nov 18th • Friday Dec 6th • Friday Jan 17th  
Friday Feb 21nd • Monday Mar 16th • Tuesday Mar 17th • Friday Apr 17th

The last two sessions will take place out on-the-land in May. Dates and location TBD.

[CLICK HERE TO REGISTER ONLINE](#)

[CLICK HERE FOR MORE INFORMATION](#)

Questions? Contact Anni Phillip at [inspire@IndigenEYEZ.com](mailto:inspire@IndigenEYEZ.com) or 250-328-9634

# 10 SESSION OVERVIEW

## Tools to ignite commUNITY and transformNATION

**IndigenEYEZ: Champions of Change** is leadership training that invites you to personally experience and practice change. We coach you to strengthen your capacity for healthier relationships and stronger connections—to reclaim your innate power and agency. The goal is to create culturally safe spaces for community building that support movement towards systemic change.

**The creative processes** we use in Champions of Change are medicine for our whole self and for our relationships. They are foundational to deep listening, empathy, emotional literacy, self-awareness, and compassionate communication.

**Join us for any—or all—of these 5 modules and strengthen your connection to yourself, to others, and to the land and water.**

### **Module 1 - Connection to Self (Oct 25th & Nov 18th)**

This first module strengthens self-awareness of unique strengths and leadership qualities. The goal is to ignite your imagination and creative spirit so you can allow more of your strengths and wisdom to sparkle through. Arts-based processes are explored to encourage participants to open up to express what is within themselves, open up to new ways of thinking, and awaken purpose and passion. Questions will be explored like: Who am I? What does it mean to be Indigenous or ally? What are the gifts/strengths that I have to offer? What contributions do I want to make in my family, community, and the world? What gets in the way of fully stepping into my essence?

### **Module 2 - Connection to Others (Dec 6th & Jan 17th)**

The second module will share Syilx concepts and stories illustrating traditional values such as kindness, respect, and patience. Deep empathetic listening and strength-based communication are some of the teachings that will support us to enhance existing relationships and navigate challenging ones. Coaching processes are used to provide peer support for taking bold steps into leadership.

### **Module 3 - Connection to Team (Feb 21st & April 17th)**

In this third module we draw upon coaching methodologies and creative empowerment to foster a community of learners who lift one another up. The captikwl stories teach us that each of us has different leadership styles, and we need all types to make the best decisions and best plans possible. Coyote teaches us to learn from our mistakes and Fox reminds us about unconditional love. Through interactive processes we gain perspective and begin to identify the masks, triggers, and patterns that stand in the way of deeper, more authentic connections with others.

### **Module 4 - Connection to Community (March 16th & 17th)**

In this module, traditional and contemporary models for change are explored. We discuss the changes we want to foster in our communities and classrooms. We share tools for "ritualizing into practice" our new habits and healthy patterns. We teach how to build containers for courageous conversations. The impacts of colonization and the meaning of truth and reconciliation will be explored as we identify the next steps forward in our journey—both individually and collectively. We will ask: What fosters change in community? And how do we unite our people across the generations when the divides are deep and complex between families, sectors, and age groups?

### **Module 5 - Connection to Land and Culture (Dates & Locations in May TBD)**

These final sessions lead us outdoors to strengthen our relationship to the land and ancestors. Land-based activities from the Rediscovery program are utilized to support participants in opening your senses and remembering the healing aspects of simply being connected to nature. Sharing of traditional teachings and concepts is the focus of this module.



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

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

**Are you a Teacher?** Champions of Change demonstrates holistic experiential lesson planning, which incorporate engaging art activities and First Peoples principles of learning.

**Are you a Frontline Worker?** During Champions of Change we help you create personalized 'rituals' that are realistic daily steps to fill your own cup, and stay nourished and motivated.

**Are you a Health Program Manager?** During Champions of Change you will learn how to build positive uplifting teams and strengthen your community building skills.

*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 10 workshops

**LOCATION:** Westbank First Nation Youth Center: The Siya Room, 1900 Quail Lane, West Kelowna

**DATES:** Oct 25th, Nov 18th, Dec 6th, Jan 17th, Feb 21nd, Mar 16th, Mar 17th, Apr 17th

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

The last two sessions will take place out on-the-land in May. Dates and location TBD

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

**COST:** \$150/per workshop (25% discount if you pre-register for all 10 sessions)

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



[www.indigenEYEZ.com/champions2019-2020](http://www.indigenEYEZ.com/champions2019-2020)

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