

# WORKSHOP MENU

Multiple topics can be combined depending on the length of the session. All topics come from an Anishinaabe Ezhinaamowin (worldview).

## 1 - Lateral Violence in Workplace

Coming from ethical teachings of Kindness (Gizhewaatisiwn), a shame-free awareness of bullying, generational trauma and the root of causing silos and disconnection will assist people in positive and ethical transformation. Trust and connection are facilitated to bring down barriers.

## 2 - Biskaabiiyang Healing Model

A complex wheel based on the old Aboriginal Healing Continuum that guides communities in addressing healing through workable stages. There is a focus on the highest risk stage called cycling in critical danger, providing instruction on what they need and what workers can do to help.

## 3 - Suicide Epidemic

This is not a suicide intervention training - this is an understanding of why suicide epidemics are still happening in communities decades after suicide interventions have been in place. It is time to look at this problem from a spiritual angle and address the S spirit with an antidote from traditional knowledge and healing practices.

## 4 - Addiction and Overdose

This is a different way to understand why things are the way they are, and why the typical treatments are not making a difference on a community level. This is not an individual problem, and should not be addressed on an individual basis.

## 5 - Two Spirit Teachings

Gain a deeper understanding of this contemporary term, the historic aspects of gender roles & responsibilities, with an 'ask anything' Q&A.

## 6 - Grief and Loss

By default we are immersed in Western worldview and as a result, the complex grief and trauma loss struggles are often without Spirit. This session will introduce spirituality to assist you in supporting those during grief and loss.

## 7 - Traditional Stories

Aatisokaanan are the old stories that teach us about how to behave in ethical ways. These stories are shared in a thought-provoking way to engage critical reflection and teach traditional laws.

## 8 - What's in my Bundle?

Teachings about bundle - the metaphysical (non-visible) things we all carry that give us spiritual power. This will also include an 'ask anything' Q&A about items and protocols.

## 9 - Normative Violence

This will focus on the Traditional Story called the Shut Eye Dance to help us visualize how we have been lured in to a Western worldview that has us cut off from our spirit senses. It's about waking up.

## 10 - Medicine Pouch Making (in person only)

This hands on creation activity will allow you to sew your own leather medicine/protection pouch and provide various medicines & teachings on how to personalize this.

## 11 - Water Teachings

There is a special kind of aliveness that water has and this session will explore the science and spirit behind water, and how it connects all things in creation. You will not think of water the same.

Delivered by Stephanie Stephens (aka Bear), Mukwa Dodem, Anishinaabe, traditional counsellor with some western degrees but more importantly many really amazing traditional teachers/medicine people/knowledge carriers.

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## 12 - Indian Time

Cool conversations about conflicting worldviews and how First Nations see the world through time and space. Deeper understanding about the notion that 'everything happens for a reason'.

## 13 - Clans - Dodems

A look at the 7 common clans and the sub-clans of these to understand traditional governance and how community worked together before colonial imposed Indian Act elections.

## 14 - 13 Grandmother Teachings

These 13 ethical teachings are said to have been gifted to humans before the 7 Grandfathers (which are included within the 13). Understand them deeper through language reverse translation.

## 15 - Smudging & the 4 Sacred Medicines

Some teachings and uses for sweetgrass, tobacco, sage and cedar (and why they are put in that order). Smudging do's and don'ts as well as Q&A.

## 16 - Old Man's Original Instructions

Four original instructions were given to Anishinaabek on how to be human. Kindness, Honesty, Sharing and Strength. There's are explained through reverse translation from Ojibwe.

## 17 - Kindness Activities

Teachings on why Kindness is the most important traditional law, connecting to mine bimaatisiwin - How to live in a good way.

## 18 - Trauma & Triggers

Everyone has trauma (life experiences where impacts are carried with us through life). We will look at what triggers are, how to cope or manage triggers and do an activity in the process connecting trauma to Rez Dogs.

## 19 - Colonial History

Teachings on why things are the way they are for Indigenous people today. Using the Two Row Wampum belt, the Indigenous and non-Indigenous relationship will be explored in a simple way.

## 20 - Traditional Parenting

Participant-driven conversations on how parenting would have been before European contact. Bringing back our old ways of family relations.

## 21 - Traditional Medicine

Sharing personal stories and experiences with seeing medicine people and participating in ceremonies. Peer learning and sharing, along with Q&A.

## 22 - Greed - The Worst Disease

This will examine a traditional story about a weasel to instruct us on how to deal with ones who have become sick with ego, arrogance, greed, selfishness.

## 23 - What are Your Gifts?

Explore your unique personality type (and if known, your Spirit Name) to draw out what your special gifts are to share with the world. This helps with life purpose and also career focusing.

## 24 - Plenty of Nish (in person only)

This is a fun, speed-dating type of activity that promotes creating connections, laughter, and kindness. No small talk - just 2 minutes per person with a list of conversation starter questions.

## 25 - Shark Tank Activity (in person only)

This is a humorous interactive session that engages participants in pairs to try and sell a weird item to the 'Sharks' for investment. It is re-purposing bizarre dollar store items where you make up a funny use and name. A hit for intense laughter.

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### **26 - Life Cycle Teachings**

Exploring the 8 life stages from a parenting perspective, the roles & responsibilities, the rite of passage ceremonies, and the teachers connected to each stage.

### **27 - Sharing/Healing Circle (in person only)**

The circle is a safe space to release and share, listen and learn. Medicines & Eagle Feather will be used.

This can go up to four rounds.

### **28 - Traditional Law**

Spirit laws of cause and effect or universal laws similar to karma are discussed, along with traditional governing rules of conduct in pre-contact Indigenous societies.

### **29 - Mino Bimatisiwin & Protocols**

What does 'in a good way' mean, & why do many Elders use that phrase?

### **30 - 7 Grandfather Teachings**

Reverse translation from Ojibwe language to from a non-English worldview. Also, critically exploring why they have these 7 and where they originated.

### **31 - Medicine Wheel Wholistic Health**

Physical, Mental, Emotional, Spiritual - why in that order? How to balance within northern/southern hemisphere realms or In-Spirit and In-Human.

### **32 - Windegokaan & Being Contrary**

Humour and clowning around is not just part of the culture and ceremony, but also important in healing, protection and balance.

### **33 - Decolonizing your Mind**

We have all been brainwashed - all born into this Western society that dictates what 'normal' is, and undoing that is a lot of awakening and un-learning.

### **34 - Worldview Shifting**

How to move into Indigenous ways of knowing, doing, seeing, and being every day in mindful ways.

### **35 - Sense of Belonging**

Remembering the strong connections we have to Spirit and Ancestors in a world that is fragmented where people often feel alone. We belong to a beautiful community that includes past, present and future.

### **36 - Spirit Helpers**

This is an experiential activity where you will select a special animal stone that is intended to share a message with you to help you on your life journey and decision making. It involves a sharing circle with animal and dodem/clan teachings.

### **37 - Self-Worth Building**

Focusing on Kindness Teachings, we will do a group activity to shift perceptions of self to gain confidence and a stronger self-esteem.

### **38 - Facing the Child Welfare Monster**

This is a participant-focused information session on gaining knowledge of CAS, parents rights and how to advocate for yourself and your family. An 'ask anything' Q&A to a Ex-CP Worker.

### **39 - Protection Medicines**

This session focuses on the need to protect yourself and your energy spiritually when working with or being exposed to people who might be unwell or who have the intent to cause you harm.

### **40 - OTHER**

A customized session can be developed around topics or themes you identify. If it has to do with LIFE or WELLBEING, there is an Anishinaabe perspective for it that is likely much different than what mainstream training can offer.

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