



**This list of
Workshops, Programs, Services, and their Summaries
is respectfully submitted to you by
Rosa Medicine Traveller of *Night Eagle Consultants*
and
Carol McKenzie of *Positive Change Coaching*.**

Rosa and Carol

offer a standard selection of workshops and programs, as well as ones that are custom-designed according to an organization's or community's needs. One or more of these may be just the kind of training and information you are looking for.

New this year are the 20-day programs related to employment and higher education readiness.

Certificates of Completion for many of these programs and workshops are awarded to clients who successfully complete the work.

Rosa and Carol facilitate workshops and programs anywhere in Canada, and Carol also offers in-person and tele-coaching services in Washington State, U.S.A.

You are invited to take a look at these offering and their summaries and to check out Carol's website, where you can read about Rosa and Carol's upcoming events and programs, as well as download information on them.

Rosa and Carol welcome all calls. So please feel free to contact either or both of them if you are curious about anything, if you have any questions, or if you wish to sign up for a course.

**Rosa Medicine Traveller
Facilitator / Trainer
403-474-6335**

Workshops, Programs, Summaries

**Carol McKenzie
Certified Professional Coach
425-533-3478**



About Rosa and Carol

Rosa, a Siksika Nation member, owns her own business and operates from Calgary as a counsellor, mediator, facilitator, and trainer. Carol, a Certified Professional Coach (*as well as a former special education teacher of at-risk youth and a former Teaching Assistant to Professors at the University of Alberta*), also owns her own business, which she operates from Washington State. Rosa and Carol both work with First Nations communities and with multi-cultural groups and decided to collaborate on workshops and programs when they realized that they offer complementary services, have some similar life experiences and backgrounds, and, more importantly, share the core values of love, faith, honesty, sharing, generosity, and kindness.

Rosa and Carol's Mission Statement

Rosa and Carol's mission is to bring their hearts and their skills to as many people as they can to help them heal from trauma and abuse; overcome barriers; learn to love and forgive; tap into their authentic selves; live a values-based life; make healthy choices and take healthy risks; choose careers, education, and lifestyles that are in alignment with their values, beliefs, and guiding principles; live a balanced life; and move forward with self-confidence, a true sense of self, and a sense of purpose.

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20-Day Education & Employment-Related Programs

(These programs are done in a series of four 5-day sessions – every 2nd week for 8 weeks;
clients will need access to computers for programs #21 and #22)

21. Preparation for Higher Education: This coaching and training program provides you with numerous skills that will be useful for you in your pursuit of higher education – *Includes one or more field trips, academic researching skills, essay-writing, editing skills, and communication and coaching skills. Between sessions, clients will be working on assignments.*
22. Employment Readiness, Preparedness, and Retention: This coaching, training, and communications program involves transitioning from where you are to where you want to be, and finding out what you need to do to get there – *Includes one or more field trips.*

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Tele-Coaching Services offered by Carol

(This is a private, confidential, and convenient coaching service; most clients sign up for four months to help them achieve a goal; longer-term services are available for longer-term goals (like recovery support); the only thing a client needs is a telephone and 40 minutes of privacy a week for the first 3 weeks of each month; there is no tele-coaching during the 4th week of a month.)

27. Personal, Professional, and Academic Life Coaching
28. Recovery Coaching

Custom-Designed Workshops and Programs can be created according to an organization's or community's needs.

Summaries of Workshops

1. Suicide Intervention and Prevention Awareness

This workshop will cover the different levels of suicide and how all levels of suicide are to be taken seriously. We will look at questions about suicide: What is suicide? Was I impacted directly or indirectly? How did I deal with it? Participants will gain knowledge of the symptoms of suicide, how to deal with suicide, what their inner resources, family, and community's resources are.

2. How to Feed Your Spirit with Laughter and Play

In this workshop, we will explore how laughter is a wonderful source that contributes to healing our spirit. Many have forgotten how to laugh and are uncomfortable to play. We all long for more laughter and joy in our life. Play and laughter open us up and create an internal environment that raises our vibration so our spirit heals, our mind becomes calm, and we notice ourselves with a sense of well-being. One thing that has sustained us as a people is the eagerness to laugh; this can bring us through our struggles in life. The objective of the workshop will be to engage participants in activities so they are being playful and team working. They let go of concerns about what others will think and just really enjoy and feed their spirit. This is the strategy to meet the need for fun and laughter.

3. Empowering and Strengthening Relationships . . . in your home, community, and workplace

This experientially-based program uses Ancestral Teachings and the Medicine Wheel to Strengthen your Relationships with your family, your colleagues, and community members. Participants will be taught and will practice a number of skills which are designed to improve communication and questioning skills; to create win-win situations; to de-escalate emotionally-charged situations; to handle emotions and triggers; to demonstrate the power of empathy and compassion; to understand the difference between making demands versus making requests; to evaluate themselves and others fairly; to cue into the needs of themselves and others; to understand the part that values play when developing and maintaining relationships.

4. Building on your Strengths: Self-Esteem, Self-Worth, and Self-Confidence

In this workshop, participants come to understand the connection between self-esteem, self-worth, self-confidence, and their choices and effectiveness in life. People are often very quick to be harshly judgmental about themselves, which results from, and perpetuates feelings of, limited or no self-esteem, self-confidence, or self-worth – all of which sabotage the emotional, physical, mental, and spiritual parts of ourselves. So one way for people to build themselves up and know just how valuable they are as human beings is to help them recognize all the wonderful, life-affirming, kind, and effective things they do, and to celebrate those things. Once the positive actions are identified, clients are encouraged to identify their feelings associated with each of these positive behaviors. They are then encouraged to identify their core values that these behaviors convey. With this valuable information about themselves, people are better able to live an authentic life that is in alignment with who they truly are and what they choose to do. All of this contributes to higher self-esteem, self-confidence, and self-worth and, therefore, a happier and higher quality of life.

5. Self-Empowerment Through the Sacred Pathways of the Medicine Wheel

To reconnect with our ancestral teachings of the medicine wheel based on value systems of love, faith, honesty, and sharing, and to understand how these values were interrupted from natural growth as a result of intergenerational losses, grief, and trauma. This workshop will help participants to gain knowledge and awareness of how far we have travelled away from our natural ancestral teachings, begin to understand the natural process of growth in traditional living, commit to care-take the damaged spirit, and to reclaim their traditional self.

6. Communication and Conflict Resolution, Using the Medicine Wheel

Many First Nations people today do not have the communication skills in getting their needs met in a way that is life serving. Needs are not being met, so anger, disappointments, and pain remain very much alive for many of us as we use words in harmful ways against others and ourselves. This workshop will give participants the opportunity to learn to communicate all levels of their feelings and to resolve conflicts by utilizing the Medicine Wheel. Participants learn to communicate with empathy and compassion.

7. Feeding Your Spirit with Laughter and Play through Team Work

We all long for more laughter and joy in our life, but many of us have forgotten how to laugh and are uncomfortable to play. In this workshop, we will explore how laughter and play are wonderful sources that contribute to building effective teams, healing our spirit, and helping us move forward in life with happiness and enjoyment. Play and laughter open us up to positive energy and create an internal environment that stirs us so our spirit heals, our mind becomes calm and open to learning, and our heart has a sense of well-being. Laughter can bring us through our struggles in life, reduce our stresses, and improve our relationships with each other. The objective of the workshop will be to engage participants in team-building activities that are playful and fun and that draw us closer to each other as colleagues and as valuable human beings.

One more thing: We like to include some entertainment to finish off this workshop and send clients home, filled with a light heart and spirit of love, joy, peace, goodwill, and happiness.

8. Addiction in First Nations Communities

Some First Nation communities are still struggling with addictions that create destructive lifestyles resulting in loss of hope and power. This workshop will assist participants in the knowledge, awareness, and understanding of the stages of addiction; to recognize defense mechanisms; to be aware of how we switch addictions but remain in the addictive cycle; and to learn how to establish support systems.

9. Responding To and Managing Change

Change is difficult enough for most of us. However, for people raised in a rural setting, in residential schools, in the foster care system, and/or in environments which were less than nurturing or abusive, change can be frightening. As well, for those who have not really tapped into their core values, beliefs, and guiding principles, change can seem overwhelming. As well, if people from those backgrounds want to pursue careers and/or higher education in a city, the amount and type of changes that will need to be considered can be daunting. This workshop helps people to choose the changes they want to make, to recognize when change is happening around them, and to respond to and manage changes either that they make themselves or that others impose on them. All of this is done in alignment with their core values, beliefs, and guiding principles. Note: This workshop is a nice follow-up to the workshop, entitled "Building on your Strengths: Self-Esteem, Self-Worth, and Self-Confidence.

10. Understanding Our Anger

Anger is a feeling that many people look at as a feeling or an experience that makes them a bad person. Anger can be healthy and, when used in a constructive way, one only needs to understand where their own anger stems from and be more curious as to how to adjust the ways in which they express their anger. This workshop will offer an opportunity for participants to understand where their anger comes from and move that anger energy they carry to assist in becoming unstuck. Anger is an energy that blocks us from being clear of our unmet needs. We will take a look at what those needs are and strategize to have needs met in ways that are more life serving.

11. Mask Making

A mask is a sacred piece that carries an image of your face. This workshop can be done in relation to these issues: Self worth; Self Image; How to Continue to Be Powerful Healthy Leaders; Coping with Grief. This requires a minimum of 3 days (and up to 5 days depending on the number of people enrolled), as participants need the time to create the mask, paint it, and share its meaning with the group. The mask is your reminder of the healing journey you want to walk, and to be a powerful, healthy leader.

12. Honoring and Nurturing the Sacred Circle Within Your Relationship

This workshop is similar to the one entitled, "Empowering and Strengthening Relationships... in your home, community, and workplace", except that this one focuses on couples. Our ancestors left behind sacred teachings of becoming one by nurturing and protecting that sacred circle within the relationship. The workshop will offer an understanding of the sacredness between couples and give couples an opportunity to explore their values and understand how these play a central role in a couple's ability to connect with each other, to practice effective, non-violent communication, to identify and manage feelings, to experience the power of empathy and compassion, to learn how to create even more intimacy, passion for life, and commitment in your relationship.

13. Stress Management, Burn-out Prevention, & Self-Care based on the Medicine Wheel

Stress and burnout are a psychological and physical reaction to outside forces. The forces interfere with the individual's emotional and mental condition. In turn, these affect the person's physical and spiritual well-being. Stress can result from a positive change or a negative change. In First Nations communities, the stressors are high, and that either contributes or creates many types of sicknesses, such as diabetes, high blood pressure, strokes, heart attacks, and addictions to name a few. If stress is not dealt with, you are more susceptible to become ill when under a large amount of stress. This workshop will offer awareness on how stress and burnout affects you holistically, and how to manage and reduce stress by utilizing the medicine wheel with self care and problem solving.

14. Family Violence: *The Cycle, The Impact, and Ways to Break this Cycle and Heal*

This workshop will look at all types of abuse and the effects on self, family, and communities. The true meaning of cycle is a regularly repeated event, circumstance, or sequence of events that occur on a regular basis for a long period of time, and nothing changes. This workshop will give participants the opportunity to understand the different types of abuse, the cycle of abuse, and the impact of abuse on self, family, and community. Lastly, participants will learn how to end violence within self, family, and community.

15. Unresolved Trauma in First Nations Communities: *The Generational Effects of Trauma from the Residential School System*

When trauma is unresolved, its effects will continue to ripple through generation after generation. An overview will be provided of the effects of residential schools, emotional, sexual, mental, physical, and spiritual abuse. When the effects are understood, a process of validation and healing begins. The workshop will assist participants to recognize their own losses and personal impact of residential schools and to experience the benefit of sharing their pain. It will also assist them to begin to let go of self-blame, which keeps them stuck in a place that is emotionally and spiritually unhealthy and unproductive.

16. Understanding Lateral Violence: *what this is, how it shows up in our families and communities, and how to break the cycle and move forward in life positively*

This workshop will focus on understanding the signs of Lateral Violence, such as family feuds, religious wars, competitiveness, gossip, and hurtful behaviors we do to one another. The workshop will assist participants in understanding lateral violence and its relationship to the role it plays in communities regarding how we harm one another individually and collectively as a people. We will look at how we might contribute to shifting lateral violence within our self, our families, and our communities.

17. Anger, Aggression, and Assertiveness

This workshop allows participants to understand the source of their Anger and how they express or use it. Participants also learn the difference between Aggression and Assertiveness. They will learn to identify which emotion is showing up for them, how to take care of those emotions, and, at the same time, how to handle and possibly de-escalate the situation they're in. Participants learn how to use, manage, and/or de-escalate their anger and aggression effectively, to develop their assertiveness skills confidently and effectively, and to take care of people and situations without doing harm to themselves or others. Participants learn how these emotions may or may not connect with their true core values, beliefs, and guiding principles, and how to keep these in mind when their emotions run high.

18. How to Parent Powerful, Healthy Children *(includes information on sleep deprivation; may also include tips on how to connect with teachers so that your children's educational needs are met)*

In this workshop, we will look at the beauty of the traditional ways our ancestors parented. The objective is to explore ways to enhance the gift of parenting and to offer skills and reminders of teaching respect, honour, and strength to our children. Our elders have taught us that what we do to the current generation will ripple through the next seven generations. And, it takes a whole village to raise a child. Many have forgotten these teachings with the change and trauma imposed on Aboriginal people, especially by the residential school system. Residential school was an institution, and institutionalized parenting is what has resulted from 200 years of our elders losing their roles in the children's lives. The nurturing love and affection did not come from residential schools. Instead, there was abuse, isolation, and abandonment. Loving intention exists in order to be a nurturing parent, but when that has not been role-modelled, what is their role model of parenting patterned after? The goal in this workshop is to explore and bring a deeper understanding of what has been forgotten about our traditional teachings regarding parenting. It is an invitation to participants to be open to exploring how to be the best parent they can be and perhaps re-parent themselves as adults.

19. Living a Values-Based Life: *at home, in your communities, at school, and in your job*

This program is about setting goals and making decisions based on your personal values, beliefs, and guiding principles. For people who have been raised in less than nurturing and/or abusive environments, knowing what your core values are and how you truly feel tend to be ignored, ridiculed and/or chastised. Along with that come feelings of shame and guilt, mixed messages, and the imposition of a lot of "shoulds". This thwarts a person's ability to identify their own feelings, to know who they truly are, and decide what is truly important to them. Without these abilities, it is virtually impossible to make values-based decisions and live an authentic, peaceful, content, or joyful life.



Summaries of Coaching and Training Programs related to Professional Development, Employment, and Higher Education offered by Carol McKenzie

Note: Carol may collaborate with Rosa or with a Results Now team member on these programs. And, we have fun while learning a large number of skills.

20. Operant Effectual Coaching

This is a highly effective, results-oriented 9-day program created by Results Now, done over a period of 2 or 3 months, according to an organization's or community's time-frame. This program is especially useful for working people and is very helpful in preventing burn-out.

21. Preparation for Higher Education *(includes research, writing skills, and one or more field trips)*

This is a comprehensive, values-based, 20-day program done over a period of 8 weeks (5 days every other week). Higher educational institutions can be intimidating, and navigating their bureaucracies, rules, and regulations can be confusing and frustrating. Also, of major importance is a student's ability to write essays at a university/college level in their first year. So, I created this program with these purposes in mind: (1) to help individuals better prepare themselves to understand and meet the demands of higher educational institutions; (2) to help identify what they are passionate about so they can choose a field of study; (3) to start a curriculum vitae; and (4) to learn how to write university-level essays. I will help you learn what you need to know to get you started and skill you up so that you can keep going in your pursuit of higher education. This program includes one or more field trips, networking, communications coaching, doing research, and completing a well-written five-page essay (using a progressive process). Clients will be required to work on assignments between and during sessions and to complete all of them successfully and on time in order to receive a Certificate of Completion. Learning to discipline yourself to do and complete work between and during classes takes practice and is a vital skill to master for your success in higher educational institutions. I will help you gain the discipline, practice, assertiveness, and independence needed to achieve your academic goals. And, I will be available to answer your calls between sessions.

22. Employment Readiness, Preparedness, and Retention

This is a comprehensive, values-based, 20-day coaching and training program, done over a period of 8 weeks (5 days every other week). The purpose is to help individuals (1) better prepare themselves to choose employment that's in alignment with their values and guiding principles; (2) learn how to dress for success; and (3) learn skills which will help them meet the demands in the workplace, communicate effectively, avoid burn-out, and retain jobs. This program may include field trips and will include values clarification, job researching skills, networking, resume preparation, non-violent communication, coaching with kindness, and interviewing skills.

48-Day/12-Week Programs For First Nations and Metis People

- 23. Traditional and Contemporary Skills for Living *for Men and Women***
24. Traditional and Contemporary Skills for Living *for Women Only*

Both #23 and #24 are inspiring, empowering, and comprehensive 12-week/48-day programs which are based on personal and cultural values and beliefs and which combine traditional practices and ancestral teachings with contemporary forms of learning, communication, and coaching skills. Each program is created to help understand and come to terms with the negative, multi-generational impact of residential schools; to help heal the trauma resulting from generational abuse; to end the cycle of emotional, spiritual, physical, mental, and sexual abuse; and to provide skills for living healthy, happy, loving, values-based, positive, and productive lives in this contemporary world: both on and off the reservations, in our homes, in our workplaces, and in higher educational institutions. The traditional teachings, healing, use of the medicine wheel, incorporation of values and beliefs, coaching with kindness skills, non-violent communication skills, and the skills for contemporary living are personally empowering and a gift to yourself, your families, your communities, and to the world we live in now. Each 48-day program is for adults who are coachable, want to make positive changes, and will commit to themselves and to the group for the entire program. We have offered one for both women and men and one for women only. While we believe offering a program for men only would be valuable, men have not asked us for a “men only” program. If this happens, we will see what we can do to make it happen.

- 25. Traditional and Contemporary Skills for Living *for Women in Recovery***

This is an inspiring and empowering 12-week/48-day program for women in recovery, and it is similar to the one identified above, with the same level of dedication and commitment to yourself and the group. Women in recovery are those who (1) are committed to their personal health and well-being, **and** (2) must have the support of a sponsor **and** (3) **either** have been in recovery for at least a year **or** have completed a program at a treatment center. This program offers skills that are useful in your personal life and transferrable to your professional and educational life. As well, this program is designed to bring more joy

48-Day/12-Week Program for Women

- 26. Life Skills *Basics Plus Coaching* Program for Women**

This is an experientially-based coaching course intended for women who sense that “something’s missing” and who have recognized that they would benefit from learning more skills to help them improve their personal, professional, and academic lives. They are women who are committed to themselves and to the group. In this course, women build on the life skills they already have, learn core coaching skills, and receive coaching themselves as they work through exercises that are designed to help them become more personally empowered and even more effective in all areas of their lives. As well, this coaching course helps women align their values, guiding principles, and beliefs with their choices and decisions. This, in turn, gives women greater self-confidence to move forward positively in life and opens up their hearts to receive more joy, peace, and contentment. The intended clients should be women who are doing well overall in life, but who nevertheless often find themselves in a hit-or-miss situation when communicating with others or making decisions. Women who are in some sort of transition in life, who either intend to be or are educators or social workers, or who work with the public in any way will find this a very useful and applicable program.



Carol McKenzie

offers a private, confidential Tele-Coaching service to support and encourage you and to help you achieve the goals you want, from the comfort of your own home.

Tele-Coaching Services offered by Carol

No travel is necessary for this service, and computer access would be useful but not required. All you really need is a telephone and 40 minutes of private time a week for the first three weeks of every month; there is no tele-coaching during the 4th week of each month. The beauty of tele-coaching services is that they are usually a temporary, highly impactful support that is completely confidential, private, and personal and can be done anywhere in the world. It's a way to give yourself that extra bit of support that we so often give others but rarely give ourselves in order to achieve the goals and get the results we want. The initial commitment for most people is for four months (2 hours per month). After that, clients choose if and how often they want to continue this tele-coaching support. People in recovery may need a longer period of support, and this can be privately arranged.

27. Personal, Professional, and Academic Life Coaching

- ◆ This involves a personal relationship which is all about you. Together, we co-create our relationship, and then I help you stay focused on the goals and changes you wish to make, and celebrate your successes along the way.
- ◆ This service is especially useful for people who are in transition and wanting to make life-changing decisions, who are in business, or who are attending or thinking about attending higher educational institutions.

28. Recovery Coaching

- ◆ This is another personal coaching service I offer for people who are dealing with addictions, who may be wondering how to enter the recovery process, or who may already be in recovery. Together, we co-create our relationship, then I support you in your choice to live and maintain a healthier lifestyle and celebrate your successes along the way.
- ◆ Of interest is a recent study that was done which shows that people in recovery do better in maintaining their healthy lifestyle when they have a weekly connection with a recovery coach, which is support that is in addition to their sponsors.

If the idea of hiring a personal coach is new to you, I invite you to give me a call so I can tell you all I know about it and perhaps, if you are willing, provide you with one free coaching session.

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