



The Eagle - Love

## Ningwanuk Meshquajese — Wings of Change Aboriginal Workers Education & Outreach Project

### Section 2: Healing for Change

#### Option 2: 3 hour session

Invite Anita Keith to lead this session or Sharing Circle Guide may use Anita Keith's notes to facilitate this session.

Aboriginal workers will often quit their job or quietly accept unfair treatment or unsafe working conditions. For some, this reluctance to become involved stems from the generational effects of colonization. The *Wings of Change* project believes that unresolved generational grief (blood memory) needs to be named thus enabling the healing journey to begin so that workers will eventually become more willing to engage in their workplace health and safety issues.

### Smudge and Prayer

Introduce teachings about the Smudge and the ways of the Sharing Circle and the passing of the feather.

### Check-In

Ask participants to share their name, why they chose to come to the Circle, and describe their involvement with their workplace health and safety issues.

### Blood Memory Continues to Affect Aboriginal Workers

Show DVD clip - **Truth** that speaks to the generational effects of colonization and loss of Aboriginal cultural identity.

Invite Anita Keith to lead the presentation or the Sharing Circle Guide may choose to facilitate presentation using Anita Keith's presentation notes. Anita's notes can be readily converted into transparencies, scanned for computer Power Point presentation or each page can be used as a card to be sequentially read.

**Building Cultural Bridges DVD  
Segment: Truth  
available from OHC**

**Anita Keith's Notes  
available from OHC**

## Sharing Circle Reflection and Dialogue

Ask participants - What new fact, thoughts, reflection or story was most meaningful to you. Is this learning relevant in your work life?

## Equate 7 Sacred Teachings and 3 Workers Rights

Give history about the Ningwanuk Meshquajese - Wings of Change project and why the Advisory group decided: 7 teachings + 3 workers' rights = path to workplace health and safety.

## Sacred Teachings and Me

Invite participants to reflect and write their responses to: *Which two Sacred Teachings are easiest and which two Sacred Teachings are hardest for you as part of your life & work?*

## Medicine Wheel Puzzle

Divide the participants into four groups and invite them to assemble the puzzle according to the directions provided with the puzzle.

## Evaluation

Distribute evaluation forms.

Inform participants that their anonymous responses will be used solely to improve future sessions.

## Closing Sharing Circle Question

Ask participants: Was there anything useful during this Circle and if so, how could it be incorporated into your workplace?

## Closing Reflection/Prayer

Invite participants to lead the closing prayer. Be prepared to say the prayer if no one volunteers.

## Wings of Change fact sheet

## Handout: Sacred Teachings & Me

## Medicine Wheel Puzzle

## Evaluation Form



Indian Act Medicine Wheel Knowledge Circle learning tool or email version available upon request from OHC

Inform participants about Indian Act Medicine Wheel Knowledge Circle created by Marjorie Beaucage. This learning experience would more deeply engage them by naming of residual effects of colonization for Aboriginal people that still continues to affect many Aboriginal workers.