

Adults Working with Native Youth Virtually

December 17 - 18, 2020

9:00 am - 4:00 pm Pacific Time

Via Zoom

AGENDA

“Celebrating 20 years of Wellness and Healing in Indian Country”



Training provided by the Native Wellness Institute
www.NativeWellness.com

The Native Wellness Institute exists to promote the well-being of Native people through programs and trainings that embrace the teachings and traditions of our ancestors.

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9:00 am	Opening Ceremony Welcome Blessing Introductions Why We're Here Overview Ice-breaker
9:30 am	Building Team and Trust on Zoom
10:00 am	Zoom 101 Engaging Youth Online
11:00 am	Break
Noon	Native Wellness
1:00 pm	Facilitating Support Circles
2:00 pm	Break
3:00 pm	Self-Care in the Time of COVID For You and For Youth
3:55 pm	Closing
4:00 pm	Adjourn

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9:00 am	Opening Ceremony Welcome Blessing Check-in Review Ice-breaker
9:30 am	Learning Brain VS. Trauma Brain
10:30 am	Traditional Storytelling
11:00 am	Break
Noon	Healthy Communication
1:00 pm	Boosting Self Esteem and Self Confidence
2:00 pm	Break
3:00 pm	Social Emotional Learning
3:50 pm	Closing
4:00 pm	Adjourn