

Adults Working with Native Youth Life Coaching, Culture and Connection

February 4 - 6, 2020

Reno, NV



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.*

Meet the Trainers



Robert Johnston
(Muskogee Creek, Choctaw)

“When you hold back, you stand behind the mountain. When you step up, you stand on top of it!”

Robert is a founding member of the Native Wellness Institute and a popular Native American speaker and coach who has served Indian Country for over 15 years. He uses humor, storytelling, and music in his highly interactive presentations. As a leadership trainer for youth, Robert has served many organizations including White Bison, United National Indian Tribal Youth (UNITY), National Congress of American Indian (NCAI), and the Native Wellness Institute. He is a certified hypnotist and has studied Sports Motivation. Robert's hypnosis shows have delighted Native communities all over the United States and Canada.



Shalene Joseph
(Gros-Ventre, Athabascan)

Shalene is from the Gros-Ventre or A'aniih people of Fort Belknap, Montana and Athabascan people from Tanana, Alaska, graduated with her bachelor's degree in Native American and Indigenous Studies from Fort Lewis College in Durango Colorado and a master's degree in American Indian Studies from the University of California Los Angeles (UCLA) where her master's thesis was on Historical Wisdom. Growing up Shalene has been mentored and molded into a youth leader through the Native Wellness Institute and continues to work for NWI as a Project Coordinator. She recently helped to launch the movement, the Indigenous 20 Something Project (I20SP) where her generation is organizing to heal their generation from the lasting impacts of historical and intergenerational trauma. She has traveled to many tribal and urban communities where she has experienced local culture and learned from each person. Shalene strives to see Indigenous people rise and become the resilient people they were created to be.



Josh Cocker
(Kiowa, Tongan)

Josh is from the Kiowa, or Ka'igwu people in Oklahoma, and the kingdom of Tonga in the South Pacific. He is a certified outdoor instructor and facilitator, with an associate's degree from Whitireia Polytechnic in Wellington, New Zealand. He has travelled extensively in the South Pacific for work and service including: Papua New Guinea, Tonga, and Australia. Most recently he has worked in the Tonto National Forest in Arizona as a trail walker, coordinator, and trainer for an outdoor behavioral healthcare foundation. From the age of 14, Josh was given a position in a military society of his tribe, and trained as a youth leader to preserve and share traditional knowledge with his generation. He seeks to honor and share that knowledge with everyone. “My hope is that I can help reintroduce people from all walks of life to our First Mother in all her wisdom and beauty. I hope to inspire healing, harmony, and connection through the use and passing of traditional skills in the outdoors.”

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Tuesday, February 4, 2020

8:00 am	Registration
9:00 am	Opening Ceremony Welcome, Blessings, Introductions Why We're Here
9:30 am	Building Team and Trust
10:30 am	Break
10:45 am	Using Ice-breakers and Energizers in Working with Native Youth
Noon	Lunch (on your own)
1:30 pm	Helping Youth Live in Balance
3:00 pm	Break
3:15 pm	Experiential Learning Strategies and Tools
4:30 pm	Closing
5:00 pm	Adjourn

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Wednesday, February 5, 2020

9:00 am	Opening Ceremony Welcome, Blessing, Check-In Review
9:30 am	Building Team and Trust with Youth
10:30 am	Break
10:45 am	Community Engagement
Noon	Lunch (on your own)
1:30 pm	Being Trauma and Healing Informed
3:00 pm	Break
3:15 pm	Life Coaching
4:30 pm	Closing
5:00 pm	Adjourn

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Thursday, February 6, 2020

9:00 am	Opening Ceremony Welcome, Blessing, Check-In Review
9:30 am	Addressing Challenging Topics
10:30 am	Break
10:45 am	Healthy Relationships and Healthy Sexuality
Noon	Lunch (on your own)
1:30 pm	Cultural Protocols
3:00 pm	Break
3:15 pm	Creating Connections for Young People
4:30 pm	Closing
5:00 pm	Adjourn