

**Choose Respect**

**Men's Mentoring Program to Uplift Women**

February 11 - 12, 2021



**NATIVE WELLNESS**  
*Institute*

Training provided by the Native Wellness Institute  
[www.NativeWellness.com](http://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.*



# Choose Respect Men's Mentoring Program to Uplift Women

February 11, 2021

9:00 am	<b>Opening Ceremony</b> Welcome, Blessing, Introductions, Why We're Here, Overview, Ice-breaker
9:30 am	<b>Getting to Know You</b>
10:00 am	<b>How Violence Impacts Native Women</b>
11:00 am	<b>Break</b>
Noon	<b>Trauma</b> <b>Toxic Masculinity</b>
2:00 pm	<b>Break</b>
3:00 pm	<b>Healing</b>
4:00 pm	<b>Adjourn</b>



# Choose Respect Men's Mentoring Program to Uplift Women

February 12, 2021

9:00 am	<b>Opening Ceremony</b> Welcome, Blessing, Check-in, Review, Ice-breaker
9:30 am	<b>Mentorship: Mentor/Mentee</b>
11:00 am	<b>Break</b>
Noon	<b>Connecting the Dots:</b> Trauma and Behaviors
2:00 pm	<b>Break</b>
3:00 pm	<b>Planing for Next Steps</b>
4:00 pm	<b>Adjourn</b>



**Choose Respect: Men's Mentoring Program  
to Uplift Women  
February 11 - 12 , 2021  
Online Via Zoom**

Please respond to the following statements and questions.  
Please circle one number for each statement or question. (Circle one)

	Agree				Disagree
1. Did the workshop meet your needs?	5	4	3	2	1
2. Trainer was informative and effective.	5	4	3	2	1
3. Topics were relevant and helpful.	5	4	3	2	1
4. Training manuals or handouts (If used) are useful.	5	4	3	2	1
5. Level of value you received by your attendance.	5	4	3	2	1
6. The training is culturally relevant?	5	4	3	2	1
7. Zoom Sessions were:	Too Short	Just Right	Too Long		
8. Was attending a training via Zoom:	Challenging	Enjoyable	Just okay		
9. Which topic was most helpful to you and why?					
10. Would you recommend training to others? If yes, Why?					
12. What other type of workshops or conferences would you suggest for the future?					
13. Other Comments/Suggestions:					