

# Healthy Relationships Training of Trainers

March 12 - 14, 2019

Miccosukee Resort

Miami, Florida



**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.*

# Meet the Trainer



## **Theda New Breast, M.P.H. (Montana Blackfeet)**

Theda is a founding board member and master trainer/facilitator for the Native Wellness Institute (NWI). She is one of the pioneers in the Native training field and an original committee member for the Men's and Women's Wellness gatherings. Theda has more than 30 years of professional experience in providing healing and training workshops centered on historical trauma, mental health issues related to alcohol, and other drug use prevention. She is the co-founder and co-writer of the GONA (Gathering of Native Americans) curriculum, one of the Ten Effective Practices and Models in Communities of Color. Theda has facilitated over 600 GONA's. She lives on the Blackfeet Reservation in Northern Montana and is a Khan-nat-tso-miitah (Crazy Dog) Society member, herbalist, Sun dancer, Pipe Carrier, and lives as Niitsitapi, like all her Ancestors for thousands of years. In 2013, The Red Nations Film Festival Honored Theda with a Humanitarian Award for her lifetime of healing work with tribes and with a Red Nations statuette for her documentary short called, "Why The Women in My Family Don't Drink Whiskey."

# Healthy Relationships Training of Trainers

Tuesday, March 12, 2019

7:30 am	Continental Breakfast/ Registration
8:30 am	Introduction, Welcome, Teambuilding
9:30 am	Chapter 1: Introduction to Healthy Relationships
10:30 am	Break
10:45 am	Chapter 2: Recognizing Historical Trauma
Noon	Lunch (on your own)
1:30 pm	How to be a Trainer
2:00 pm	Chapter 3: Gender Differences
3:00 pm	Break
3:15 pm	Chapter Assignments & Preparation
4:15 pm	Closing
5:00 pm	Adjourn

# Healthy Relationships Training of Trainers

Wednesday, March 13, 2019

7:30 am	Continental Breakfast
8:30 am	Opening, Check-in, Review
9:00 am	How to be a Trainer
10:00 am	Prepare Presentations
10:30 am	Break
10:45 am	Small Group Presentation I
Noon	Lunch (on your own)
1:30 pm	Small Group Presentation II
2:45 pm	Break
3:00 pm	Small Group Presentation III
4:15 pm	Closing
5:00 pm	Adjourn

# Healthy Relationships Training of Trainers

Thursday, March 14, 2019

7:30 am	Continental Breakfast
8:30 am	Opening
9:00 am	Small Group Presentation IV
10:30 am	Break
10:45 am	Small Group Presentaiton V
Noon	Lunch (on your own)
1:30 pm	Small Group Presentaiton VII
2:45 pm	Break
3:00 pm	Small Group Presentation VII
4:15	Closing
5:00 pm	Adjourn

# Native Wellness Institute Training Evaluation

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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	5	4	3	2	1
2. Trainer was informative and effective.	5	4	3	2	1	5	4	3	2	1
3. Topics were relevant and helpful.	5	4	3	2	1	5	4	3	2	1
4. Location of workshop.	5	4	3	2	1	5	4	3	2	1
5. Training manuals (If used) are useful.	5	4	3	2	1	5	4	3	2	1
6. Level of value you received by your attendance.	5	4	3	2	1	5	4	3	2	1
7. The training is culturally relevant?	5	4	3	2	1	5	4	3	2	1

8. Which topic was most helpful to you and why?

9. Would you recommend training to others? If yes, Why?

10. Provide feedback on the trainers using a 5 - 1 scale with 5 as best.

<u>Trainer</u>	<u>Knowledge</u>	<u>Preparation</u>	<u>Understand</u>	<u>Delivery</u>	<u>Helpful</u>
Theda New Breast	_____	_____	_____	_____	_____

11. What other type of workshops or conferences would you suggest for the future?

12. Other Comments/Suggestions: