

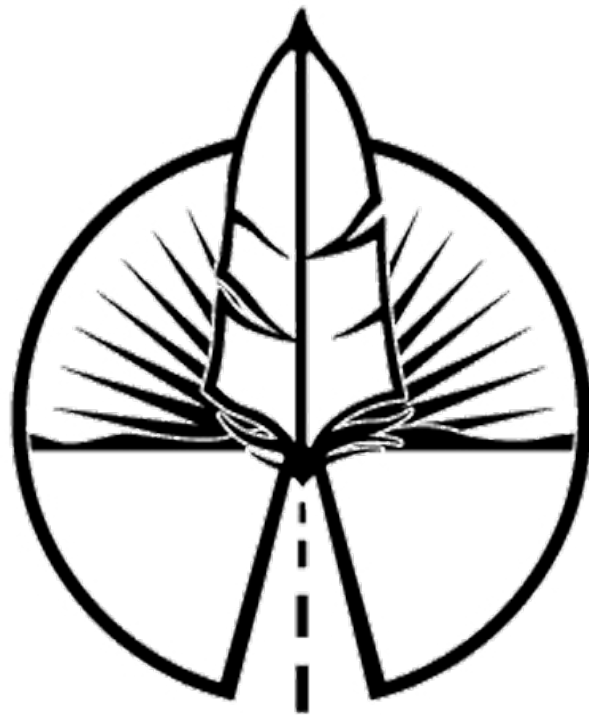
Indigenous 20 Something Project

A Gathering to Learn About Trauma, Healing, and Wellness

February 5 - 7, 2019

Grand Sierra Resort and Casino

Reno, Nevada



NATIVE WELLNESS
Institute

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



Jordan Cocker
(Kiowa, Tongan)

Jordan is from the Kiowa Tribe of Oklahoma on the Kiowa Comanche Apache Reservation and the Kingdom of Tonga. She has a master of Museum and Heritage Practice from Victoria University of Wellington. As well as a Bachelor of Design from Auckland University of Technology in New Zealand. Jordan is an artist, culture bearer and advocate for Native Women. Over the years, Cocker's artwork and research has navigated the intersections between Native people and social, political, and historic climates through a female lens. Jordan's artwork has been exhibited at local, national and international institutions including the Auckland Art Museum, New Zealand Architecture Week, The Jacobson House, and the Prague Quadrennial. She is a Project coordinator of the Indigenous 20 Something project and works to create healing pathways for Indigenous people in her generation through ancestral knowledge collaboration.

"We are the latest version of our ancestors. Our generation deserves to have the tools to lead healthy dignified lives."

-Jordan Cocker



Shalene Joseph
(Gros-Ventre, Athabaskan)

Shalene is from the Gros-Ventre or A'aniih people of Fort Belknap, Montana and Athabaskan 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."

Agenda

February 5, 2019



| | |
|----------|--|
| 7:30 am | Registration |
| 8:30 am | Opening Welcome, Prayer, Introductions Overview, Ice-breaker |
| 9:30 am | Building Team and Trust |
| 10:30 am | Break |
| 10:45 am | Indigenous 20 Something Project |
| 11:30 am | Expectations |
| Noon | Lunch (on your own) |
| 1:30 pm | What is Historical and Intergenerational Trauma |
| 3:00 pm | Break |
| 3:15 pm | Healing |
| 4:30 pm | Closing |
| 5:00 pm | Adjourn |

Agenda

February 6, 2019



| | |
|----------|---|
| 8:30 am | Opening Welcome, Prayer, Review Check-in, Ice-breaker |
| 9:30 am | Building Team and Trust: The Foundation for Collaboration |
| 10:30 am | Break |
| 10:45 am | Being Trauma Informed |
| Noon | Lunch (on your own) |
| 1:30 pm | How Has Trauma Impacted Our Generation |
| 3:00 pm | Break |
| 3:15 pm | Native Wellness: Living in Balance |
| 4:30 pm | Closing |
| 5:00 pm | Adjourn |

Agenda

February 7, 2019



| | |
|----------|---|
| 8:30 am | Opening Welcome, Prayer, Review Check-in, Ice-breaker |
| 9:30 am | Building Team and Trust: The Foundation for Healthy Relationships |
| 10:30 am | Break |
| 10:45 am | Better Understanding Healthy and Unhealthy Relationships |
| Noon | Lunch (on your own) |
| 1:30 pm | Movement Building: Contributing to Collective Healing |
| 3:00 pm | Break |
| 3:15 pm | Changing Community Norms |
| 4:30 pm | Closing/Commitment Circle |
| 5:00 pm | Adjourn |

Training Evaluation



Indigenous 20 Something Project A Gathering to Learn About Trauma, Healing and Wellness February 5 - 7, 2019 Reno, Nevada

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. Location of workshop. | 5 | 4 | 3 | 2 | 1 |
| 5. Training manuals (If used) are useful. | 5 | 4 | 3 | 2 | 1 |
| 6. Level of value you received by your attendance. | 5 | 4 | 3 | 2 | 1 |
| 7. The training is culturally relevant? | 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.

| Trainer (s) | Knowledge | Preparation | Understand | Delivery | Helpful |
|-----------------------|-----------|-------------|------------|----------|---------|
| Jordan Cocker | _____ | _____ | _____ | _____ | _____ |
| Shalene Joseph | _____ | _____ | _____ | _____ | _____ |
| Josh Cocker | _____ | _____ | _____ | _____ | _____ |

Comments:

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

12. Other Comments/Suggestions: