

# Native Life Skills Training of Trainers

February 4 - 6, 2020

Reno, NV



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



## **LoVina Louie (Coeur d'Alene, Colville, Nez Perce)**

LoVina is schitsu'umsh (Coeur d' Alene) Tribe, nselxcin (Okanogan/ Colville), Nimipu (Nez Perce) she is a descendant of Chief Morris Antelope of the schitsu'umsh and Chief Manuel Louie of the Inkaneep Band in Oliver BC Canada. She is a graduate of the University of Idaho where she received her Bachelors in Organizational Sciences with an emphasis in Community and Tribal Wellness. She was recently featured on Lifetime Movie Network 50 Women in 50 States and a speaker at the TEDx Coeur d'Alene event. LoVina is a board member for the Native Wellness Institute, a national trainer and facilitator in youth leadership development, strategic planning, family constellations and community healing and wellness planning. She also has certifications from the Healthy Native Communities Fellowship. She has worked with youth

and adults in wellness and healing for over twenty years throughout North America. LoVina is the visionary behind the newly developed and revolutionary exercise series "Powwow Sweat" and co-directed the American Indian Film Festival and Red Nation Film Festival award winning music video "We Shall Remain." As a former Miss Indian World she travelled to hundreds of tribal communities and this experience expanded her world view and desire to help all Indigenous people. LoVina is a wife, mother, grandmother, daughter, sister, friend and an amazing human being. Her passion and zest for life is infectious.

# Native Life Skills Empowerment Training of Trainers

February 4, 2020

|                 |   |
|-----------------|---|
| <b>8:00 am</b>  | <b>Registration</b>   |
| <b>9:00 am</b>  | <b>Opening Ceremony, Welcome, Blessing, Introductions</b>                       |
| <b>9:30 am</b>  | <b>Building Team</b>  |
| <b>10:30 am</b> | <b>Break</b>  |
| <b>10:45 am</b> | <b>“Tell Me” Life Skills Empowerment: Success is a Native Trait</b>             |
| <b>Noon</b>     | <b>Lunch (on your own)</b>  |
| <b>1:30 pm</b>  | <b>“Teach Me” Native Wellness: The Foundation For A Balanced Life</b>           |
| <b>2:30 pm</b>  | <b>“Show Me” Traditional Values: Honoring Your Ancestors, Honoring Yourself</b> |
| <b>3:00 pm</b>  | <b>Break</b>  |
| <b>3:15 pm</b>  | <b>Trainer Tips</b>   |
| <b>4:30 pm</b>  | <b>Assignments/Closing</b>  |
| <b>5:00 pm</b>  | <b>Adjourn</b>  |

# Native Life Skills Empowerment Training of Trainers

February 5, 2020

|                 |  |
|-----------------|--|
| <b>9:00 am</b>  | <b>Opening Ceremony, Welcome, Blessing, Check-in, Review</b> |
| <b>9:30 am</b>  | <b>Building Team</b>   |
| <b>9:30 am</b>  | <b>Party Like It's 1491! Acknowledge, Recognize, Move On</b> |
| <b>10:30 am</b> | <b>Break</b>   |
| <b>10:45 am</b> | <b>Party Like It's 1491! continued</b>                       |
| <b>Noon</b>     | <b>Lunch (on your own)</b>                                   |
| <b>1:30 pm</b>  | <b>Teach Back Preparation</b>                                |
| <b>2:30 pm</b>  | <b>Teach Back Preparation</b>                                |
| <b>3:00 pm</b>  | <b>Break</b>   |
| <b>3:15 pm</b>  | <b>Teach Back Presentation</b>                               |
| <b>4:30 pm</b>  | <b>Assignments/Closing</b>                                   |
| <b>5:00 pm</b>  | <b>Adjourn</b>   |

# Native Life Skills Empowerment Training of Trainers

February 6, 2020

|                 |   |
|-----------------|---|
| <b>9:00 am</b>  | <b>Opening Ceremony, Welcome, Blessing, Check-in, Ice-breaker</b> |
| <b>9:30 am</b>  | <b>Teach Back Presentation</b>                                    |
| <b>10:30 am</b> | <b>Break</b>  |
| <b>10:45 am</b> | <b>Teach Back Presentation</b>                                    |
| <b>Noon</b>     | <b>Lunch (on your own)</b>  |
| <b>1:30 pm</b>  | <b>Teach Back Presentation</b>                                    |
| <b>2:30 pm</b>  | <b>Teach Back Presentation</b>                                    |
| <b>3:00 pm</b>  | <b>Break</b>  |
| <b>3:15 pm</b>  | <b>Trainer Tips</b>   |
| <b>4:30 pm</b>  | <b>Closing</b>  |
| <b>5:00 pm</b>  | <b>Adjourn</b>  |