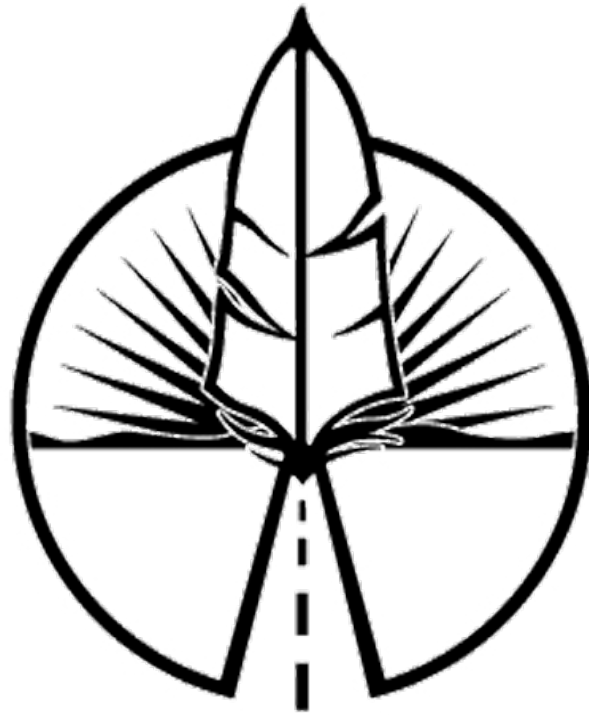


Native Life Skills Training of Trainers

May 14 - 16, 2019

Niagara Falls, New York



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 Trainer



Renee Roman Nose, M.A.I.S
Cheyenne/Arapaho

Renee is an enrolled member of the Cheyenne & Arapaho Tribes of Oklahoma, and a frequent lecturer across the nation. She has appeared in *Some Days Are Better Than Others*, an independent film directed by Matt McCormick, is working on her second book of poetry, and has a third Spoken Word album in the works for release in 2015. She has worked in Indian Gaming, Health Care, and Education and has also done freelance photojournalism for *Indian Country Today*. An activist, artist and a Mom, Renee is a lifelong learner and an advocate for higher education for Native youth and enjoys providing wellness training activities for Native Wellness Institute.

Agenda

Native Life Skills Training of Trainers

May 14, 2019



7:30 am	Registration
8:30 am	Opening Ceremony, Welcome, Blessing, Introductions
9:00 am	Building Team
10:30 am	Break
10:45 am	“Tell Me” Life Skills Empowerment: Success is a Native Trait
Noon	Lunch (on your own)
1:30 pm	“Teach Me” Native Wellness: The Foundation For A Balanced Life
2:30 pm	“Show Me” Traditional Values: Honoring Your Ancestors, Honoring Yourself
3:30 pm	Break
3:45 pm	Trainer Tips
4:30 pm	Assignments/Closing
5:00 pm	Adjourn

Agenda

Native Life Skills Training of Trainers

May 15, 2019



8:30 am	Opening Ceremony, Welcome, Blessing, Check-in, Review
9:00 am	Building Team
9:30 am	Party Like It's 1491! Acknowledge, Recognize, Move On
10:30 am	Break
10:45 am	Party Like It's 1491! continued
Noon	Lunch (on your own)
1:30 pm	Teach Back Preparation
2:30 pm	Teach Back Preparation
3:30 pm	Break
3:45 pm	Teach Back Presentation
4:30 pm	Assignments/Closing
5:00 pm	Adjourn

Agenda

Native Life Skills Training of Trainers

May 16, 2019



8:30 am	Opening Ceremony, Welcome, Blessing, Check-in, Ice-breaker
9:30 am	Teach Back Presentation
10:30 am	Break
10:45 am	Teach Back Presentation
Noon	Lunch (on your own)
1:30 pm	Teach Back Presentation
2:30 pm	Teach Back Presentation
3:30 pm	Break
3:45 pm	Trainer Tips
4:30 pm	Closing
5:00 pm	Adjourn

Native Wellness Institute Training Evaluation

Life Skills Training of Trainers
May 14 - 16, 2019
Seneca Niagara Resort & Casino
Niagara, New York

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>
Renee Roman Nose	_____	_____	_____	_____	_____

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

12. Other Comments/Suggestions: