

**5th Annual  
Wellness in the Workplace  
Training Institute**  
September 22 - 24, 2020  
Lihue, Hawaii (Kauai)



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.*

# Agenda

## September 22, 2020

<b>TUESDAY</b>			
5:45 am	Nukoli'i Sunrise Ceremony (optional) The eastern location of the hotel provides a spectacular sunrise right on the resort's oceanfront. An authentic Native Hawaiian ceremony will welcome the sun with an ancient chant, also called an oli. Meet at the Ocean Lawn or go directly out to the beach.		
8:00 am	Registration (anytime between 8:00 am and 9:00 am)		
9:00 am	Opening Ceremony Welcome Land Acknowledgement Blessing Introductions Why We're Here Medicine Tie Ceremony		
10:00 am	General Session: "Where There Has Been Trauma, Healing is the Answer: Tools and Strategies for Helping Workplaces Move Forward" Theda NewBreast and Gene Tagaban		
10:45 am	BREAK		
11:00 am	General Session: Tools to Build Trust and Teamwork in the Workplace		
Noon	Lunch (on your own)		
1:30pm	Training Workshops (choose one, they will be repeated once)		
<b>Beach</b>	<b>Jasmine ½</b>	<b>Orchid Ballroom</b>	<b>Jasmine 3</b>
Using the Land for Work-based Wellness and Healing Strategies  Gene Tagaban LoVina Louie	Wellness in the Workplace: Tools for Creating a Well Workplace  Theda NewBreast Jillene Joseph	Well For Culture: 7 Circles of Wellness  Thosh Collins	Power of Positive Thinking: Being Positive, Productive and Proactive at Work and Impacting Employee Morale  Robert Johnston
3:00pm	Break		
3:15pm	Training Workshops (choose one)		
<b>Beach</b>	<b>Jasmine 1/2</b>	<b>Orchid Ballroom</b>	<b>Jasmine 3</b>
Using the Land for Work-based Wellness and Healing Strategies  Gene Tagaban LoVina Louie	Wellness in the Workplace: Tools for Creating a Well Workplace  Theda NewBreast Jillene Joseph	Well For Culture: 7 Circles of Wellness  Thosh Collins	Power of Positive Thinking: Being Positive, Productive and Proactive at Work and Impacting Employee Morale  Robert Johnston
5:00pm	Adjourn		

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## September 23, 2020

WEDNESDAY			
8:30am	Depart for Field Trip (meet in front of hotel, load buses) The Field Trip is to a local Native Hawaiian farm that is decolonizing the land, bringing back ancestral foods, honoring the ancestors through cultural preservation. Participants will learn about their efforts, assist in working the land, experience Native Hawaiian culture and food.		
9:30am	Opening Ceremony Welcome Land Acknowledgement Blessing Introductions Why We're Here		
10:00am	Tour of Facilities – Using the Land		
Noon	Lunch Provided		
1:00pm	Cultural Sharing All participants from the mainland and from Hawaii are welcome to bring their songs, dances, stories and other cultural expressions to share.		
2:30pm	Working the Land		
4:00pm	Closing		
4:30pm	Travel Back to Hotel		

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## September 24, 2020

<b>THURSDAY</b>			
9:00 am	Opening Ceremony Welcome Blessing		
9:30am	Keynote "Healing the Land: Healing Ourselves- the Lessons from Mauna Kea" Kalama		
10:15am	Break		
10:30am	Training Workshops (choose one, they will be repeated once)		
<b>Beach</b>	<b>Jasmine ½</b>	<b>Orchid Ballroom</b>	<b>Jasmine 3</b>
Self Care Tools for the Workplace  Kalama Jillene Joseph	Adults Working with Native Youth: Tools for Bringing Wellness to Youth Programs  Robert Johnson LoVina Louie	Men Addressing Violence and Sexism in the Workplace  Gene Tagaban Thosh Collins	Women Addressing Violence and Sexism in the Workplace  Theda NewBreast
Noon	Lunch (on your own)		
1:30pm	Training Workshops (choose one)		
<b>Beach</b>	<b>Jasmine 1/2</b>	<b>Orchid Ballroom</b>	<b>Jasmine 3</b>
Self Care Tools for the Workplace  Kalama Jillene Joseph	Adults Working with Native Youth: Tools for Bringing Wellness to Youth Programs  Robert Johnson LoVina Louie	Men Addressing Violence and Sexism in the Workplace  Gene Tagaban Thosh Collins	Women Addressing Violence and Sexism in the Workplace  Theda NewBreast
3:00 pm	Break		
3:15 pm	Wellness Circles "Now What? Planning for Success in the Workplace"		
4:30 pm	Closing		
5:00 pm	Adjourn		