

# The Power of Positive Thinking

April 15 - 16, 2021



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.*



# The Power of Positive Thinking

April 15, 2021

<b>9:00 am</b>	<b>Opening Ceremony Welcome, Blessing, Introductions, Overview, Ice-breaker</b>
<b>9:30 am</b>	<b>Building Team and Trust/ Building Relationships</b>
<b>10:00 am</b>	<b>Native Wellness - The Path to Balance</b>
<b>11:00 am</b>	<b>Break</b>
<b>Noon</b>	<b>Healing is the Answer to Trauma</b>
<b>1:00 pm</b>	<b>Teachings from our Ancestors - Sharing Circles</b>
<b>2:00 pm</b>	<b>Break</b>
<b>3:00 pm</b>	<b>Taking Healthy Risks</b>
<b>3:55 pm</b>	<b>Closing</b>
<b>4:00 pm</b>	<b>Adjourn</b>



# The Power of Positive Thinking

April 16, 2021

9:00 am	<b>Opening Ceremony</b> Welcome, Blessing, Introductions, Overview, Ice-breaker
9:30 am	<b>Telling Your Story in a Good Way</b>
10:15 am	<b>Positive Affirmations</b>
11:00 am	<b>Break</b>
Noon	<b>Self Care During the Pandemic</b>
1:00 pm	<b>Positivity in the Workplace</b>
2:00 pm	<b>Break</b>
3:00 pm	<b>Planning Your Journey</b>
3:45 pm	<b>Closing</b>
4:00 pm	<b>Adjourn</b>