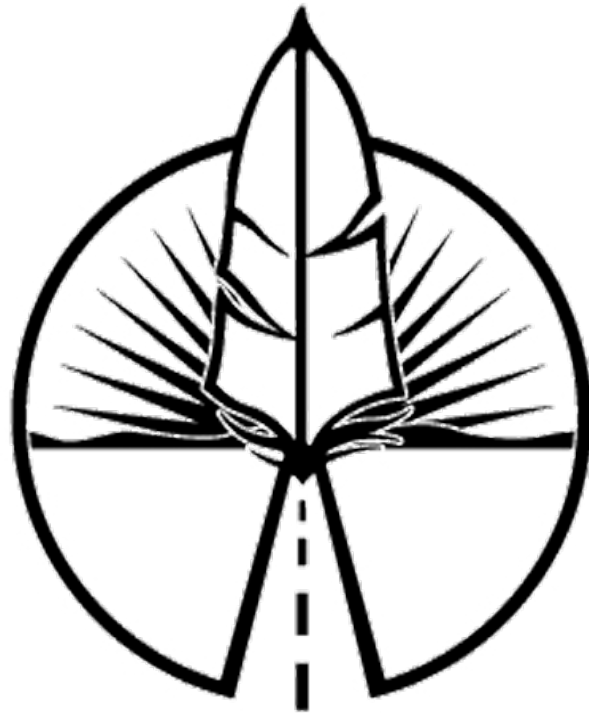


Wellness in the Workplace for Supervisors

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 Trainer



Jillene Joseph
(Gros Ventre)

Jillene is an enrolled member of the Gros Ventre or Aaniiih people from Fort Belknap, Montana. She lives in Oregon with her life partner and children. She is the Executive Director of the Native Wellness Institute and helped to found the national non-profit organization in 2000. She has a Bachelors of Science degree in Community Health Education and has served Indian Country for 30 years providing training and technical assistance in a variety of areas. Jillene has traveled to hundreds of Native communities and interacted with and learned from thousands of people. Whether she is providing youth leadership training, assisting women heal from childhood trauma or helping to bring wellness to the workplace, Jillene shares her passion for being positive, productive and proactive. She enjoys beading, reading, pow wowing and spending time with family and friends.

Agenda

February 5, 2019



7:30 am	Registration
8:30 am	Opening Ceremony
9:30 am	Why Building Team is Important
10:15 am	Break
10:30 am	How To Build Team and Trust
Noon	Lunch (on your own)
1:30 pm	Being Trauma-Informed
3:00 pm	Break
3:15 pm	Creating a Trauma-Informed Work Space
4:30 pm	Closing
5:00 pm	Adjourn

Agenda

February 6, 2019



8:30 am	Opening Ceremony
9:00 am	Importance of Check-ins
10:30 am	Break
10:45 am	How Great Managers Manage People
Noon	Lunch (on your own)
1:30 pm	Managing the Hard to Manage
3:00 pm	Break
3:15 pm	Navigating Conflict Resolution
4:30 pm	Closing
5:00 pm	Adjourn

Agenda

February 7, 2019



8:30 am	Opening Ceremony
9:00 am	Understanding Workplace Wellness
10:30 am	Break
10:45 am	Stress and Burnout Prevention
Noon	Lunch (on your own)
1:30 pm	Integrating Self Care into the Workplace
3:00 pm	Break
3:15 pm	Supervision Problem Solving
4:30 pm	Closing
5:00 pm	Adjourn

Training Evaluation



Wellness in the Workplace for Supervisors 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
Jillene Joseph	_____	_____	_____	_____	_____

Comments:

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

12. Other Comments/Suggestions: