

Wellness in the Workplace for Supervisors

May 12 - 14, 2020

Coeur d'Alene Tribe Resort and Casino

Coeur d'Alene, Idaho



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

Wellness in the Workplace for Supervisors

Tuesday, May 12, 2020

8:00 am	Registration
9:00 am	Opening Ceremony
9:30 am	Why Building Team is Important
10:30 am	Break
10:45 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

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Wellness in the Workplace for Supervisors

Wednesday, May 13, 2020

9:00 am	Opening Ceremony
9:30 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

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Wellness in the Workplace for Supervisors

Thursday, May 14, 2020

9:00 am	Opening Ceremony
9:30 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