

# Wellness in the Workplace

## Training of Trainers

November 12 - 14, 2024

Barbie's Village

Portland, Oregon



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.*

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## Training of Trainers

Tuesday, November 12, 2024

8:30 am	Registration
9:00 am	Opening Ceremony Welcome, Blessing, Introductions, Why We're Here
9:30 am	Building Team
10:00 am	Native Wellness
10:30 am	Break
10:45 am	Traditional Values
Noon	Lunch (on your own)
1:30 pm	Training Skill Development
3:00 pm	Break
3:15 pm	Party Like It's 1491
4:30 pm	Closing
5:00 pm	Adjourn

# Wellness in the Workplace

## Training of Trainers

Wednesday, November 13, 2024

9:00 am	Opening Ceremony Welcome, Check-in Review
9:30 am	Healthy Communication
10:30 am	Break
10:45 am	Training Skill Development
Noon	Lunch (on your own)
1:30 pm	Preparation and Practice
2:00 pm	Group Presentation I
3:00 pm	Break
3:15 pm	Group Presentation II
4:30 pm	Closing
5:00 pm	Adjourn

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## Training of Trainers

Thursday, November 14, 2024

9:00 am	Opening Ceremony Welcome, Check-in, Review
9:30 am	Group Presentation III
10:30 am	Break
10:45 am	Group Presentation IV
Noon	Lunch (on your own)
1:30 pm	Group Presentation V
2:30 pm	Training Skill Development
3:00 pm	Break
3:15 pm	Wrap-up: Planning Our Journey of Wellness in the Workplace
4:30 pm	Closing
5:00 pm	Adjourn