Date: March 10, 2026
Time: 8:30 am - 5:00 pm
Facilitators:

NATIVE WELLNESS Institute

AGENDA

WORKPLACE WELLNESS & LEADERSHIP

Day One

8:30 am	**Sign-in**
9:00 am	**Opening Ceremony** **Welcome, Blessing, Introductions, Overview, Icebreaker**
9:30 am	**Building Team and Trust**
10:30 am	**Break**
10:45 am	**Lateral Oppression** **What is it? Where does it come from? What does it look like? Feel like: How do you interrupt it?**
Noon	**Lunch (on your own)**
1:30 pm	**Lateral Kindness** **What is it? What does it look like? Feel like? How do you put it into practice?**
2:30 pm	**Break**
2:45 pm	**Responding to Lateral Oppression**
4:00 pm	**Cultivating Lateral Kindness in the Workplace**
4:30 pm	**Closing**
5:00 pm	**Adjourn**

Date: March 11, 2026
Time: 9:00 am - 5:00 pm
Facilitators:

NATIVE WELLNESS Institute

AGENDA

WORKPLACE WELLNESS & LEADERSHIP

Day Two

9:00 am	**Opening Ceremony** **Welcome, Blessing, Introductions, Overview, Icebreaker**
9:30 am	**Conflict Resolution** **Principles and Tools**
10:30 am	**Break**
10:45 am	**Conflict Resolution Practice**
Noon	**Lunch (on your own)**
1:30 pm	**Staff Mediation** **Tools, Process, Practice**
2:30 pm	**Break**
2:45 pm	**Staff Reconciliation**
4:30 pm	**Closing**
5:00 pm	**Adjourn**

Date: March 12, 2026
Time: 9:00 am - 5:00 pm
Facilitators:

NATIVE WELLNESS Institute

AGENDA

WORKPLACE WELLNESS & LEADERSHIP

Day Two

9:00 am	**Opening Ceremony** **Welcome, Blessing, Introductions, Overview, Icebreaker**
9:30 am	**Cultural Connections at Home, Community, and Work**
10:30 am	**Break**
10:45 am	**Activities and Exercises to Build Team in the Workplace**
Noon	**Lunch (on your own)**
1:30 pm	**Self Care Tips and Tools** **Healing Village**
2:30 pm	**Break**
2:45 pm	**Healing Village continued**
4:30 pm	**Closing**
5:00 pm	**Adjourn**