

Workplace Wellness & Leadership

March 11 - 13, 2025

Alohilani Resort

Honolulu, HI



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.*

Workplace Wellness & Leadership

Tuesday, March 11, 2025

8:30 am	Sign-in
9:00 am	Opening Ceremony Welcome, Blessing, Introductions, Overview, Ice-breaker
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

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Wednesday, March 12, 2025

9:00 am	Opening Ceremony Welcome, Blessing, Check-in, Review/Reflection, Ice-breaker
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

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Thursday, March 13, 2025

9:00 am	Opening Ceremony Welcome, Blessing, Check-in, Review/Reflection, Ice-breaker
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