

Orineida Coaching and Training Company

Workshops by

Leslie Williamson

The workshops that Leslie offers are focused on empowering individuals and communities to embrace conscious change and growth. These workshops are tailored to meet specific client needs, and are offered in small and large team settings. Clients include corporate groups, Chiefs and Councils, Band Office staff and - equally important - community members.

- Nonviolent communication skills
- Understanding lateral violence
- The Magic of Believing in Yourself - Heal Your Life
- The Law of Attraction
- Building self esteem
- Managing Emotional Crisis
- Assisting with healing from a painful past
- Parenting Skills
- Relationships
- Loss and Grief
- Returning to the authentic self
- Team Building
- Healing our spirit through laughter - Understanding Joy
- Training the trainer

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Nonviolent Communication Training

With European contact, First Nations people began to experience exposure to a new language. In Residential Schools, we were told to speak a language that was not ours. Many of our people experienced public shaming, blame, guilt and criticism, as well as physical abuse when the language that teachers demanded, was not spoken in a manner that pleased them. With assimilation of our people through the residential school system, many lost the opportunity to experience the traditional way of teaching. The traditional way was to nurture children with compassionate, respectful communication. Many First Nations people and others do not use the language in a way that is life-serving. Needs are not being met. Anger, disappointment and pain are remaining alive in many of us, for we use our words in harmful ways against others and ourselves. Nonviolent Communication (NVC) is a skill that can assist us in reconnecting with our culture, allowing us to nurture a steady process of change individually, as a family, as a community, and through our political interactions. NVC can assist in changing the filter we view the world through, reducing our anger, disappointment and moralistic judging.

This workshop will explore the process of Nonviolent Communication. Practical and proven in daily life around the world, NVC is a reliable language for being heard, hearing others, clearly and confidently expressing our needs and dreams, and for working through conflict with compassion and success. NVC is the life's work of Dr. Marshall Rosenberg, clinical psychologist, international peacemaker, and founder of the global organization known as the Center for Nonviolent Communication of La Crescenta, California (www.cnvc.org). Dr. Rosenberg, along with his group of certified NVC trainers, has shared the process in more than 35 countries throughout the world. In Canada, NVC has been introduced to people of all walks of life, such as various ministries of the provincial government, inmates and staff of the William Head Institution, teachers, students, social workers, spiritual and advocacy groups, people from all walks of life, and many First Nations communities.

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Understanding Lateral Violence

This workshop will focus on the signs of 'Lateral Violence'. We will take a look at what that term means, the techniques used to hold it in place, information used to justify Lateral Violence, and how it can be shifted/stopped in organizations, the community and on a personal level.

The goal is to bring a clearer understanding to the term 'Lateral Violence', so participants can have an opportunity to see if they in any way contribute to the harmful ways people treat one another. When understanding is gained then action can be taken to begin to stop the pain and cyclic, habitual ways in which individuals harm one another. Lateral Violence is not always intentional. The important thing is to understand more clearly what is going on and why, so that we can begin to **manage our power in more life-serving ways**, so that more joyful, loving expression/communication is shared in the work place, our homes and in the general community.

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The Magic of Believing in Yourself - Heal Your Life Workshop

This 2 day workshop consists of a process that is gentle yet can very profound for the participants, throughout the 2 days we will cover the nine points of philosophy Louise Hay has used in her training, she is a global leader in the healing field and well known author. Louise is 84 years young now and remains a force that is inspirational to all that read her books. We all have choice as to how we respond to life, Louise Hay's training gives us tools and insight to empower self.

The nine philosophies are:

- **What we give out, we get back.** - this is a law of nature, that how you treat others is exactly how you will be treated. Affirmation is -" I give out love and joy, and find it wherever I turn."
Throughout the workshop positive Affirmations will be offered for the participants to use and apply for the rest of their life. As we adapt these simple yet profound tools and really give them focus and time we feel an internal shift.
- **What we believe about ourselves and life becomes true for us.**
- **Our thoughts are creative.**
- **We are worth loving.**
- **Self-approval and self-acceptance are the keys to positive changes.**
- **We can release the past and forgive everyone.**
- **Forgiveness opens the doorway to love.**
- **Love is the most powerful healing force there is.**
- **Just be willing.**

The philosophies are covered in creative and sensitive ways, with chants (songs) guided meditation with music, experiential exercises, pairing off, and writing, sharing with a partner, practicing new positive affirmations and seeing how powerful our minds are. Understanding and insight to use our minds in life serving ways to sustain self through whatever life offers is vital to our journey here.

The workshop moves along with a pace that doesn't become stale or too slow, it invites us to step out of the box of what's normal for us and take a risk of being and thinking differently. A sense of renewal energetically that is filled with positive change can spring from this 2 day experience. As our filter begins to shift so our point of view of life is seen through a much different set of glasses.

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The Law of Attraction
Working with Deliberate Creation

Creating a world that is filled with wealth in every area of our lives is a wonderful idea, but how can it be done? In this workshop we will learn how to work with the **"Power of Deliberate Creation"**, through understanding the **"Law of Attraction"**.

The "Power of Deliberate Creation" will show you how to create a winning mindset, let go of the past, and create changes that you want (with ease), so individuals are more consistently moving in a positive direction. Create new and empowering beliefs, discover what you want, find your path, and attract and recognize the right opportunities. Sometimes old beliefs need to be challenged in order to create a new and more wonderful life.

The objective of this workshop is to offer a clear understanding of how to be a conscious creator. And the goal is to have participants begin to apply these tools, making them deliberate creators of their world, rather than creating by default. This workshop offers understanding of how to be more empowered and accountable for what we, as individuals, create in our world.

The workshop is filled with strong, fun teachings that shift life into a much more consistently positive place. Our leaders and community members can greatly benefit from this training.

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Building Self-Esteem

Self-esteem - your fundamental Power

You can't develop self-esteem until you figure out why you don't have it, and why and how you compensate for it.

Self-esteem is the fundamental power of life. Everything in your life - the quality of your health, relationships and creativity completely emerges and evolves from your understanding and your practice of self-esteem.

In this workshop we will explore:

1. What is self-esteem?
2. How do you develop self-esteem?
3. What would your life look like if you could bring a more empowered you into your relationships, health, creativity and relationship with self?

Some describe your ability to protect your self and take charge as self-esteem. Really that's only the beginning. **Self-esteem is the manifestation of your spirit engaged in action in your life.** Your self-esteem is actually your spirit in action. Low self-esteem is a spiritual crisis for many, as we watch ourselves and others behave in harmful ways.

Our goal in this workshop will be to offer participants an opportunity to acquire tools for building self-esteem today, and move beyond those negative messages from a painful past.

Every choice you make describes how you feel about yourself.

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Managing Emotional Crisis

Managing emotional crisis is about understanding how to manage oneself more effectively when negative emotions are stimulated.

This workshop will assist people to:

- Understand more clearly what unresolved trauma is.
- Understand what happens when exposed to **trauma**.
- Notice characteristics within oneself from unresolved trauma.
- Recognize what **shame** does.
- Begin to manage unresolved trauma differently through tools of empowerment that will be taught in the workshop
- Notice how that voice in your head keeps you stuck in your pain. Learn how to stop that voice and move into a more joyful and emotionally peaceful place through **Nonviolent Communication Skills Training**.

Who Can Benefit?

- Individuals wishing to strengthen themselves through understanding oneself more deeply.
- Individuals who want to stop giving their power away when they are in emotional crisis
- Individuals who want to begin to manage their personal power in more life-serving ways
- Anyone curious about or interested in understanding their triggers and who desires an opportunity to work with knowledge and tools in life-serving ways.

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Assisting with Healing from a Painful Past

Unresolved Trauma in Community

When trauma is unresolved, its effects will continue to ripple through generation after generation. In this workshop, an overview is provided about the effects of residential school, emotional abuse, sexual/physical abuse, death, addiction, suicide, lateral violence, and cultural oppression, on the individual, family and community. When the effects are understood a process of validation and healing begins. Cognitive understanding provides individuals with what is referred to as a 'cognitive life-raft' while they are going through their healing process, assisting them with containing their pain and avoiding being overwhelmed with their feelings. It also enables participants to begin to let go of self-blame, which, if left untouched, keeps them stuck in a place that is emotionally and spiritually unhealthy and nonproductive. Tools are suggested to provide individuals with exercises and knowledge that can bring about personal change.

Impact of Residential School

Residential School has had a devastating impact on almost every aspect of First Nations lives and communities. It is all part of the current traumas we deal with in community today. We will explore how this impact relates to trauma, grief and shame in community, while deepening the understanding and knowledge of the devastating legacy of traumatic actions forced on Aboriginal people in residential schools/day schools over the past three hundred years. An overview of multigenerational trauma will be provided to further understand the effects of residential school on families and community. Experiential exercises and discussions on healing will be used in this workshop.

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Parenting Skills

In this workshop we will look at the beauty of the traditional ways in which our ancestors parented. The objective is to explore ways to enhance the gift of parenting to the next generations, offering skills and reminders about teaching respect, honor and strength to the children. Our Elders have taught us that what we do to the current generation will ripple through the next seven generations. It takes a whole village to raise a child.

Many have forgotten these teachings due to the changes and traumas imposed on the Aboriginal people of this land. Residential School was an institution; institutionalized parenting is what has resulted after two hundred years of our Elders losing their role in our children's lives. The hugs did not come in Residential School; instead there was abuse, isolation and abandonment. Loving intent is to be a nurturing parent, but what happens when such parenting has not been modeled?

The goal is to explore and bring forth a deeper understanding of what has been forgotten from our traditional teachings about parenting. It is an invitation for participants to be open to exploring how to be the best parent that they can be, and perhaps to re-parent themselves.

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Building Relationships

In this workshop participants will have the opportunity to look at relationship with self, partners, family and community. Bringing a clearer understanding of how to be in a healthy relationship with 'self' is most important. Through this, one gains understanding of how to create healthy, joyful and fulfilling relationships outside of self. This allows us to move beyond the understanding or expectation that relationships outside of ourselves offer the answer to our happiness. This can potentially relieve individuals from that eternal search for something that resides within each one of us. Loving self, accepting self, respecting self and being open to change, are part of this workshop. Experiential exercises will be used to assist individuals to see what they bring into relationship and how they may be reacting to their own pain. When we understand more clearly what the term "co-dependant" is, we can see our own trauma, understand our history, and the ripple effect from generations before, and how they are all elements that impact relationships. Many great teachers from the past have said, "know yourself". This workshop reminds people that exploration of self will bring understanding of behavior, choices and healing.

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Working through our Loss & Grief

This workshop will assist individuals to:

- Clearly define grief
- Explore signs of grief
- Know whether or not they are in grief or are depressed
- Understand more clearly what depression is
- Learn about the characteristics of delayed grief
- Learn about the stages in the resolution of delayed grief
- Move some of the unresolved energy around their loss and grief
- Gain a clearer understanding of what has been lost - as individuals and collectively, as a people.
- Use exercises that will assist with emotional movement of pain from past loss & grief
- Learn about "Living in the Now" rather than the past or future

Who could benefit?

- Anyone who has had a loss in their life
- Anyone who is close to someone who's had loss in their life

Workshop goals are to:

- Offer opportunity for individuals to work through a little more of their pain from the losses individuals have experienced throughout their lives.
- Create and sustain an environment that is comfortable and safe for participants to process thoughts and learn.

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Returning to the Authentic Self

In this workshop we first look at what is meant by 'authentic self', and then we explore what has happened to the authentic self. We explore the question "Do we have to forgive?" In order to move beyond the past that drives one's life, we look at forgiveness and how it impacts the healing process.

Re-parenting the wounded inner child. We look at how we can do that, and what needs to be done. People have lost sight of who they originally were when they arrived here as infants. We will explore what has happened to bring people to believe that they are their story of trauma and pain. Being bonded to the story of pain can block individuals from healing and moving beyond who they believe they are to remembering their authentic self. Experiential exercises and brainstorming will be as part of the learning process throughout the workshop.

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Team Building

Creating a Holistic Environment for Staff

Team Building - For Staff

This workshop is directed at staff with the purpose of exploring specific topics that impact them, and begins team building through understanding self more deeply. Being responsible and accountable for our actions, thoughts and words can bring about such incredible positive change. People who are in service work often don't feel appreciated, heard or understood. This can be very stressful. This workshop will offer a stronger understanding of how to apply tools that will assist individuals to enrich the services they offer, live at home more peacefully and work together as a team with mutual respect and joy. Our goal is for individuals to begin responding to each other in more loving and positive ways, communicate more compassionately and to be more aware of what is really happening in the moment.

Experiential exercises will be used throughout the workshop to keep the energy moving and interesting. Creating a fun and interactive environment for learning will be priority.

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Healing Your Spirit Through Laughter

In this workshop we will explore how laughter is a wonderful source that contributes to healing our spirit. Many of us have experienced trauma/s. Often we see how uncomfortable playing is for adults. Yet we all long for more laughter and joy in life. This workshop will offer suggestions on how to work with laughter as a way to heal, returning us once again to a more emotionally joyful place.

Play and laughter opens us up and creates an internal environment that raises our vibration so our spirits heal, our mind becomes calm and we notice ourselves gain a more constant state of well being. One thing that has sustained us as a people is the eagerness to laugh. This has enabled us to work through struggles in life. Remembering to laugh and play has healed people from physical 'dis-ease'; there are many testimonies to this.

The objective of this workshop will be to engage participants in playful activities, which will help them they let go of worrying about what others think, and simply enjoy themselves. This is a strategy to meet the need for fun and laughter. Suggestions will be made on how to continue in every day life, remembering to laugh and engaging in activities that bring joy. Come and laugh with us, enjoy and feel yourself growing more whole through laughter.

This can be a wonderful team building day.

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Training the Trainer

**There is a shortage of First Nations Trainers
Encourage Members to meet this need by taking this training!**

Program money could be spent on Band Members to facilitate workshops - which could be financially beneficial to the community. In other words, hire your own trained Band Members to facilitate workshops for the community. Empower them to create employment for themselves and contribute to your community in life-enriching ways by sharing their special knowledge and teachings they have received throughout their lives.

Who could benefit by taking this course?

- Anyone interested in becoming a trainer/facilitator
- Any trainer who is interested in how to enhance what they are already doing
- Anyone interested in being able to contribute to change and movement
- Those who are interested in self-employment, or in working as a facilitator/trainer for their Band
- Anyone who has to make presentations for their department

What will the course cover?

- How to design and organize a program
- Tools to keep participants engaged and interested in what you are presenting
- Participants will have an opportunity to present something as part of the training practice
- Feedback will be offered by the trainer and participants
- Communication skills
- How to manage the energy in the room.
- The step-by-step process for getting started
- How to earn more money.
 - Ethics of being a professional trainer