

**“Creating Wellness Instructor Training”
Level 1 and or Level 2**

Winnipeg, Manitoba

Level 1 May 11-12 * Level 2 May 13-14-15, 2009
Level 1 - \$550.00 * Level 2 - \$750.00 * Level 1 & 2 combined \$1,150.00

Get trained in breakthrough strategies changing the lives of the youth in your community.

For First Nations, Métis, Inuit and Urban Aboriginal Organizations
(Community, Health, and Education Professionals)

Level 1 - gives a direct experience of activities that places them into the youth’s perspective, feelings and emotions. It familiarizes participants with the experience-creative-based learning model that seeks to foster critical thinking, self-esteem, and creativity in the youth. Throughout basic skills in movement, expression, creativity, critical thinking, mindfulness, entrepreneurship and leadership are explored.

Level 2 - Main concentration is placed on the implementation of methods and strategies to generate and sustain youth programs, empower the youth and flame community transformation and healing through the arts.

(Completion of Level 1 is required)

<p>Agenda Level I DAY ONE Leadership in action Parallel and Divergent thinking Developing team Work and Communication skills Multiple intelligences Alive Developing creativity and mind structures Problem Solving and the Creative Force Learning from mistakes Art for self and community transformation</p>	<p>DAY TWO Emotional Intelligence in Action Celebrating Differences Finding Inner joy Mindfulness and Awareness Art and Music Activities to Balance Body, Mind and Spirit and Develop self esteem Relaxation for Stressful Moments Discipline, Consistency and Enthusiasm Putting pieces together for community projects</p>
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<p>Agenda Level 2 DAY ONE How to create and develop expressive art programs in the community with limited budget Keeping the youth interested in Art and out of the streets Advocacy, engagement and social change through expressive arts Making school meaningful through Expressive Art programs Using Art as a decolonizing strategy Empowering Aboriginal Symbols/Art</p>	<p>DAY TWO What we learn through images and how to used them for community transformation Use of Photo-voice method in your community or organization Development of individual projects</p> <p>DAY THREE Spaces and places - creating healthy living spaces Art Installations and the development of self-esteem Empowering youth voices and expression</p>
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Payment to be made to Aboriginal Entrepreneur and can be made by Cheque from your Organization, Bank Email Transfer, PayPal or Credit Card.

"I enjoyed the exercises-the Ostinados. Excellent everything was clear and understanding. Just need to know when level 2 is." *Adrian Snowball - Naicathewenin FN*
"I enjoyed everything about the training. Learnt so much! All the activities were great., Very interactive. You are the best. Have the next training soon". *Jackie Callahan - Kwanlin Dun First Nation, Whitehorse Yukon*"Good Trainer-an excellent teacher who knows and understands life". - *Ivy Houle - Onion Lake Family Services Onion Lake SK*

"I enjoyed learning the different activities you can do with art and Ostinados and learning about the six diseases. Even though everything was packed into 3 days. It wasn't overwhelming it was awesome. "Would recommend it highly" - *Justin Carre - Wellness Worker - Fort Simpson NT*
"I loved the energy, the soft calm voice and how Andrea can get the group motivated. I enjoyed the enthusiasm and stories Rolf shared. Can not wait till the next training. *Alicia Vance - Kwanlin Dun FN Whitehorse*