DAY 1

9:00 AM

- Opening & Welcome
- The Story of Waking Women Healing Institute: From Visioning to Building
  - Overview of Our Story, work, and team member roles
    - Mobile DV/SA Advocates
    - Land & Wellness Advocates
    - Youth Advocate and Exec. Asst.
    - Traditional Birthing Coordinator
    - Leadership

Noon

- Lunch
  - Traditional Teas & Medicine Water - 11am-3 pm
    - Lunch Feast provided by local traditional foods chef
- Lessons from the Water: Fluidity, Power, and Calm
  - Participants will be on & near the water for this session
  - Going to the water and looking inward to navigate the celebrations & challenges of birthing a new organization and/or land and cultural based work
    - Restoring the Matriarchy in a colonized world
    - Growing leadership and team wellness
    - Funding that aligns with the vision and values

- TEK (Traditional Ecological Knowledge - Water Land Connection
  - Traditional tools to connect to water and land for healing, grounding and wellness
    - Participants have open share and reflection time
    - Taking care of self & community
DAY 2

9:00 AM

- Lessons from the Land: Natural Change & Growth Patterns, Self-Awareness, Respect & Determination
  - Going to visit our partners at Medicine Fish & Buffalo - walking tour
  - Discuss the Celebrations and Challenges of birthing a new organization and/ or land and cultural based work
    - Our working model-Indigenous thinking is critical, creative, and thinking ahead
    - The necessary yuck-operations, holding bounderies, & data sovereignty
    - Plan, Do, Reflect, Grow - Keep Going

Noon

- Lunch
  - Traditional Teas & Medicine Water - 11am-3pm
    - Lunch Feast provided by local traditional foods chef

  - “In the collective, we find the whole”
    - How we lean in and on community to guide and carry out the work
    - UPLIFT local partners & knowledge holders
      - Ancient Roots Homestead - Bonnie M
        - Traditional Medicine Work
        - Brighter Days Shelter
        - MMIW/P families

- Vibrations for Life
  - Reflections & Sharing
    - Knowledge from the Group
    - Traditional singing & dance for wellness, celebration/giveaway, and safe travels