

# Ningwanuk Meshquajese Wings of Change

## Working With the Aboriginal Community to Create Healthy Workplaces for Aboriginal Workers

Do you worry about your Workplace Health & Safety?

Is your workplace making you sick? Is it also a worry for coworkers as well as your family and community?

Do you avoid, keep quiet or quit your job rather than do something about your workplace hazards?

You are not alone! From community gatherings and their own lived experience, the Advisory Group for this project learned that:

- Residential School generational effects are widespread and also affect workplaces and working relationships
- effective Healing Processes take teamwork
- Sharing Circles encourage healing and teamwork by including everyone
- it is a Personal Responsibility to walk towards positive change

This project equates the sacred teachings and workers rights within Sharing Circles. We believe that story telling within Sharing Circles will better equip Aboriginal



The 'Indian Act Medicine Wheel Knowledge Circle' (Marjorie Beaucage) is a way of knowledge and discovery. It is part of the Spirit Toolkit.

workers to deal with their Workplace Health & Safety issues.

### **Respect your life, your coworkers, your family and your community.**

Get involved with Workplace Health & Safety in a good way that honours the 7 teachings.

- Contact our project to:
- Tell your workplace story so that others can learn from your lived experience
  - Arrange a Wings of Change Sharing Circle in your workplace or community
  - Find out how to become a Sacred Teacher for Workplace Health & Safety Sharing Circles.

The Aboriginal Workers Education and Outreach Project is part of the services provided by the MFL Occupational Health Centre (MFLOHC). The MFLOHC is a community health centre specializing in workplace health and safety. We are a non-profit, charitable organization funded by the Winnipeg Regional Health Authority.

The Aboriginal Workers Education and Outreach Project is funded by the Workers Compensation Board of Manitoba.

## **THE 3 RIGHTS OF WORKERS**

- The right to know about workplace hazards
- The right to participate in health and safety committees
- The right to refuse unsafe work

## **7 Sacred Teachings + 3 Workers' Rights = Workers Path to Health & Safety**

### **Respect**

Treat all your relations as you wish to be treated – we are all related – the four-legged, the two-legged, the winged ones, the ones that crawl, the plant nation, the rock nation. All My Relations.

### **Humility**

Be humble and walk Mother Earth in unpretentious simplicity with benevolence and modesty.

### **Love**

Has no conditions or borders. Is to give, to receive and to share.

### **Truth**

Speak with sincerity, walk with integrity; you will be truth.

### **Honesty**

Show fairness in word and action; be genuine and virtuous. Let honesty be your guide and you will live in honor and happiness.

### **Courage**

Be strong, 'walk your talk'. Live by your beliefs, work for the good of all and bring harm to none. These are courageous ways.

### **Wisdom**

Common Sense is practical wisdom – it is found everywhere; in the words of the Elders and the wind in the trees.

## **For more information**

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