

Ningwanuk Meshquajese

Spirit Toolkit for Sharing Circle Guides

A. Title Page - Table of Content

B. Introduction

- Introduction - Cover Page
- Welcome, Acknowledgements
 - Welcome to the Wings of Change Project
 - 7 Sessions for Sharing Circle Guide Training
 - Acknowledgements

C. General Information for Sharing Circle Guides

- General Information for Sharing Circle Guides - Cover Page
- Sharing Circle Guide Resources
 - General Information for Sharing Circle Guides - Table of Contents
 - Initial Arrangements: Consider Preparation
 - Sharing Circle Set up
 - Sharing Circle Dynamics
 - The Four H's
- Resources
 - The Circle of Life
 - The Four Directions
 - The Smudge Ceremony
 - Activities to Help Participants Meet and Mingle

D. Section 1 - 7 Sacred Aboriginal Teachings + 3 Workers' Rights = Path to Workplace Health and Safety

The Turtle - Truth Educator Session Plan

Resources



1. Wings of Change - fact sheet
2. Wings of Change - Seven Sacred Teachings
3. Sacred Teachings and Me - Worksheet
4. Life Map
5. Three Workers' Rights - Right to Know, Right to Refuse, Right to Participate
6. Workers' Rights signs
7. Worker rights flash cards
8. Workplace Health and Safety Rights of Manitoba Workers - Fact sheet
9. Medicine Wheel Puzzle
10. Evaluation Form

E. Section 2 - Healing for Change



Option 1 - The Eagle - Love
1 day session

Educator Session Plan - Option 1

Option 2 - The Eagle - Love
3 hour session

Educator Session Plan - Option 2

Resources

1. Medicine Wheel . . . A Circle of Life . . . a reflection
2. Indian Act Medicine Wheel Knowledge Circle
3. Wings of Change - fact sheet
4. Evaluation Form

F. Section 3 - Identifying Hazards in your Workplace

The Sabe (Sasquatch) - Honesty
Educator Session Plan

Resources



1. Inspecting your Workplace - fact sheet
2. How Workplace Chemicals Can Harm You - fact sheet
3. Office Indoor Air Quality - fact sheet
4. Lighting - fact sheet
5. Hazard Mapping - food service area, security
6. Hazard Mapping Instructions - Colour Coding Workplace Hazards
7. Advantages + Disadvantage of Various Tools for Determining Worker Concerns
8. Making a Case Worksheet
9. Fact Sheet Order Form
10. Evaluation form

G. Section 4 - Ergonomics

The Wolf - Humility Educator Session Plan

Resources



1. Wings of Change - fact sheet
2. Identifying Ergonomic Risk Factors - Skits
3. Body Mapping
4. Ergonomic Hazard Inspection Check List - Section 4 and 7
5. Ergonomic Risk Factors/Solutions - Pictures
6. Repetitive Strain Injury (RSI) - fact sheet
7. Using Ergonomics to Prevent Injuries - fact sheet
8. Mouse-Related Pain - fact sheet
9. Lifting Safely - fact sheet
10. Evaluation Form

H. Section 5 - Respect in the Workplace

The Buffalo - Respect Educator Session Plan

Resources



1. Wings of Change DVD - Respect Segment
2. Wings of Change - fact sheet
3. Respect in the Workplace - Racial Harassment Segment - Workshop A
4. Building a Respectful Workplace - fact sheet
5. Evaluation Form

I. Section 6 - Violence Prevention at Work

The Bear - Courage Educator Session Plan

Resources



1. Wings of Change - fact sheet
2. Hazard Mapping for Existing and Potential Workplace
 - a. Violence/Harassment Hazards
3. Violence at Work - fact sheet
4. Bullying at Work - fact sheet
5. Workplace Violence Prevention Policy Outline
6. Evaluation Form

J. Section 7 - Moving Forward with your Workplace Safety and Health Committee

The Beaver - Wisdom Educator Session Plan



Resources

1. Wings of Change - Building Cultural Bridges - fact sheet
2. Making a Case
3. WSH Regulation Summary Sheet
4. Lessons from the Geese
5. Workplace Health and Safety Rights for Manitoba Workers - fact sheet
6. Evaluation Form

K. Resources

Lessons from Geese
Respect in the Workplace Workshops A
Sharing Circle Guide Notes
Wings of Change - Seven Sacred Teachings
Wings of Change - Fact Sheet

Fact Sheets

- Building a Respectful Workplace
- Bullying at Work
- How Workplace Chemicals Can Harm You
- Inspecting your Workplace
- Lifting Safety
- Lighting
- Mouse Related Pain
- Office Indoor air Quality
- Repetitive Strain Injuries (RSI)
- Using Ergonomics to Prevent Injuries
- Violence at Work
- Workplace Health and Safety Rights for Manitoba Workers

Forms

Evaluation Form
Fact Sheet Order Form
Making a Case Worksheet
Sacred Teachings and Me Form