



The Turtle - Truth

Ningwanuk Meshquajese — Wings of Change

Aboriginal Workers Education & Outreach Project

Section 1: 7 Sacred Aboriginal Teachings + 3 Worker's Rights = Path to Workplace Health and Safety (WH&S)

Display Posters of Seven Sacred Teachings

Wall posters available from
Occupational Health Centre
204-949-0811 or from
Native Reflections - 1-800-522-9322
email: info@nativereflections.com
website: www.nativereflections.com

Smudge and Prayer

Introduce teachings about the Smudge and the ways of the Sharing Circle and the passing of the feather.

Smudge Items

Check-In

Ask participants to share their name and why they chose to come to the Circle.

Equate 7 Sacred Teachings & 3 Worker's Rights

Give history about the *Ningwanuk Meshquajese — Wings of Change project* and why the Advisory group decided :
7 Teachings + 3 worker's rights = Path to Workplace Health and Safety.

Show entire Wings of Change DVD

Handout:
Wings of Change fact sheet

**Wings of Change DVD -
available from OHC**

Sacred Teachings and Me

Invite participants to reflect and write their responses to:
Which two Sacred Teachings are easiest and which two Sacred Teachings are hardest for you as part of your life & work?

**Handout: Sacred Teachings &
Me**

**Handout: Seven Sacred
Teachings**

Life Map Activity

Invite participants to recall a time when you worried about your own health and safety at work. *How did this affect you? . . . your coworkers? . . . your family, friends and your community?* Ask participants to share their stories in the Sharing Circle. Have them place dots on the Life Map to illustrate the effects of their experiences on them and others.

Life Map - available on request from OHC

Three Worker's Rights Activity

Place the three large Workplace Safety & Health (WS&H) **Rights** cards (Right to know, Right to participate, and Right to refuse unsafe work) **face up** on the floor in the Sharing Circle. Place the many small WS&H **regulations** cards **face down** in Sharing Circle.

Workers' Rights & Regulations Cards

Going around the Circle, ask each participant to pick up a small **regulation** card and read it aloud. The group then decides which of the Three Rights this regulation card best fits with and places the regulation card beside the corresponding **Rights** card.

Workplace Health and Safety Rights of Manitoba Workers - fact sheet

Making A Difference Together

Divide the participants into four groups and invite them to assemble the Medicine Wheel puzzle according to the directions provided with the puzzle. The symbolism of the puzzle is also provided with the directions.

Medicine Wheel Puzzle (or emailed version) available on request from OHC

Evaluation

Distribute evaluation forms. Inform participants that their anonymous responses will only be used to improve future sessions.

Evaluation Form

Check-Out

Ask participants: Was there anything useful during this workshop and if so, how could it be incorporated into your workplace?

Closing Reflection/Prayer

Put out an invitation to participants for one of them to lead the closing prayer. Be prepared to say the prayer if no one volunteers.