

Medicine Bag for Living a Good Life



Life Tools Training Session

Serpent River First Nation

November 15, 2016

- 9:00 am Prayer, Welcome, Session Objectives
- 9:15 am Personal Sharing
- 9:30 am Healthy versus Unbalanced Child Development
- 10:00 am Shame, Fear, Guilt and Anger-Burdens to Carry
- 11:00 am **Power**-Ways of Seeing and Walking in the World
- 11:30 am Changes-Opportunities and Challenges
- 12:00 pm Lunch
- 12:45 pm The Role of Self Esteem in Human Development
- 1:45 pm How to Make Good Decisions and Set Goals
- 2:30 pm Relationships that Make you a Better Person
- 3:30 pm Life Betterment Plan-Let's Do It!!
- 4:00 pm Adjourn

Instructor- Billy Rogers (Kiowa Nation)

Mr. Billy Rogers has been helping native people and communities for 31 years. He has traveled all across North America sharing his knowledge and expertise. Billy's insightful, direct approach to teaching has assisted people in examining their lives and in making positive changes. He has been to the North Shore area many times.