



# TRANSFORMING LATERAL VIOLENCE

(LEVEL 2 | ADVANCED)

WINTER WORKSHOP

# AGENDA

	DAY 1	DAY 2	DAY 3
8:30am	Coffee and Snack Bar Opens	Coffee and Snack Bar Opens	Coffee and Snack Bar Opens
<b>MORNING SESSION</b> 9:00 am - 12:00 pm	<ul style="list-style-type: none"> <li>• <b>Ceremony:</b> Awakening the Spirit</li> <li>• <b>Exercise:</b> Lively Bodies</li> <li>• <b>Introducing Each Other</b></li> <li>• <b>Workshop Purpose and Cultural Context</b></li> <li>• <b>Creating Safety:</b> Guidelines</li> <li>• <b>Intention:</b> What I Will Bring</li> <li>• <b>Definitions Framework:</b> Is it Lateral Violence? Yes, No, Maybe So</li> <li>• <b>Review of Theory:</b> The Roots of Lateral Violence in Indigenous Communities</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Exercise:</b> Lively Bodies</li> <li>• <b>Reviewing the ABCs:</b> Lateral Violence Interruption Strategies</li> <li>• <b>Putting the ABCs Into Action</b> <ul style="list-style-type: none"> <li>› One-on-one</li> <li>› In Groups</li> <li>› Body Language</li> </ul> </li> <li>• <b>Dialogue on the Demonstrations</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Exercise:</b> Lively Bodies</li> <li>• <b>My Brave Words:</b> Applying Interruption Strategies to Personal Cases (Part 2) <ul style="list-style-type: none"> <li>› Dialogue and Coaching</li> </ul> </li> </ul>
12:00 pm	Lunch	Lunch	Lunch
<b>AFTERNOON SESSION</b> 1:00 pm - 4:00 pm	<ul style="list-style-type: none"> <li>• <b>A Classic:</b> Move Your Butt</li> <li>• <b>Forming Small Teams in the 4 Directions</b></li> <li>• <b>Presentation:</b> 10 Common Cases of Lateral Violence (Causes, Context, Roles)</li> <li>• <b>My Hill To Climb:</b> 3 Key Personal Cases</li> <li>• <b>What I Already Know:</b> My Gifts and Obstacles</li> <li>• <b>Day 1 Evaluations</b> (Self and Course)</li> <li>• <b>Closing Circle</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Move Your Butt:</b> Advanced</li> <li>• <b>The Elephant in the Room is My Friend:</b> Overcoming Flight, Fright and Freeze</li> <li>• <b>My Brave Words:</b> Applying Interruption Strategies to Personal Cases (Part 1) <ul style="list-style-type: none"> <li>› Dialogue and Coaching</li> </ul> </li> <li>• <b>Day 2 Evaluations</b> (Self and Course)</li> <li>• <b>Closing Circle</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Move Your Butt:</b> The Superchallenge</li> <li>• <b>Strategies for Releasing and Refreshing:</b> Ceremony and Science</li> <li>• <b>My Plan:</b> Making This Real Over the Next 3 Months (Prevention; Interruption; Release/Refresh)</li> <li>• <b>Closing Statements</b></li> <li>• <b>Graduation Gift and Ceremony</b></li> <li>• <b>Day 3 Evaluations</b> (Self and Course)</li> <li>• <b>Closing Circle</b></li> </ul>

## CO-PRESENTERS



**MARILYN  
JENSEN**

BA, MA

Marilyn is Inland Tlingit and Tagish K'wáan from the Carcross/Tagish First Nation. She was born and raised in the Yukon. While she has worked in many different settings, Marilyn has consistently focused on one mission: the empowerment and growth of Indigenous communities.

Marilyn is an expert communicator and facilitator. She understands the profound challenges that Indigenous leaders, staff and citizens face as they work to govern their nations. Her commitment is to develop and share the best possible approaches to achieving strength and sustainability within families, workplaces and communities. Marilyn is a deeply positive person who connects with people through storytelling and sharing the beauty of her culture and identity. She believes that with a little faith and a lot of express coffee, anything is possible!

Marilyn is the descendent of many renowned Yukon Indigenous elders who envisioned and worked to achieve self-determination and wellness for their people. She is the founder and leader behind the Dakhká K'wáan Dancers.



**THOMAS  
SHEPHERD**

BA, MSW

Thomas Shepherd was born and raised a stones throw from where the Ottawa and Rideau Rivers meet. This partly explains his passion for rivers and fishing.

Thomas grew up in a family that was focused on using human potential to create community, justice and wellbeing for all people. His parents taught him to respect and honour everyone regardless of their economic or social status. He was privileged to have mentors like his cousin Jean Vanier, founder of L'Arche International.

Thomas spent the first decade of his career working in the field of social policy and program development in Ottawa. He left Ottawa for Whitehorse in 2009 in search of better fishing grounds, and to immerse himself in a new work environment—self-government and development of Indigenous communities. Thomas is most happy when he's helping a group of people come together, find common ground and take action to better their community. He is married to Mara Pollock, his wife and lawyer, and is father to Ella and Sadie.

# ABOUT THE WORKSHOP

Lateral violence is a key barrier to socio-economic development within Indigenous communities. The purpose of this workshop is to provide participants with advanced skills to interrupt and redirect situations of lateral violence, in a way that models courageous kindness. Our main focus is on the lateral violence that erupts within Indigenous workplaces and communities, but the skills you learn can be applied in other settings.



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