

Quapaw Nation

Gathering of Native Americans (GONA)

September 18 - 21, 2023



NATIVE WELLNESS
Institute

Training provided by the Native Wellness Institute
www.NativeWellness.com

The Native Wellness Institute exists to promote the well-being of Native people through programs and trainings that embrace the teachings and traditions of our ancestors.



Quapaw Nation
Gathering of Native Americans
 September 18, 2023



Belonging

9:00 am	Opening Ceremony Drum Song Opening Blessing Land Acknowledgement
9:30 am	Welcome Introductions of Participants
10:00 am	Icebreaker
10:10 am	Overview of GONA Role of Facilitators Role of Reverence Space Role of Craft Area Pictures and Affirmation Poster
10:30 am	Break
10:45 am	Forming Clans Clan Name Clan Call Clan Shield
11:30 am	Clan Circles - Sharing expectations, strengths, concerns
12:00 pm	Lunch
1:00 pm	Drum Call/Song
1:10 pm	Building Team Activity
1:40 pm	Clan Circles (Reflection) Belmont Process What did you see? What did you hear? How did it make you feel?
2:15 pm	Break
3:00 pm	Teachings of the Medicine Wheel
3:45 pm	Clan Discussion - Gnerational Teachings
4:30 pm	Closing Circle - Belmont Process
5:00 pm	Adjournment

*** DAYS EVENTS/SESSION SCHEDULE SUBJECT TO CHANGE**



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 September 19, 2023



Mastery	
9:00 am	Opening Ceremony Drum Song Openign Blessing Check-in, Review, Announcements
9:30 am	Team Building
9:50 am	We Shall Remain (Intergenerational and Historical Trauma)
10:30 am	Break
10:45 am	What Broke Apart Our Tribe (Clans, Report Back)
12:00 pm	Lunch
1:00 pm	Team Building
1:15 pm	Understanding Trauma Trauma Web Unhealthy Workplace Behaviors Unhealthy Relationships
2:30 pm	Break
2:45 pm	Native Wellness and Healing Living in Balance How Well Am I?
3:30 pm	Letting Go Ceremony
4:00 pm	Closing Circle Belmont Process
5:00 pm	Adjournment

*** DAYS EVENTS/SESSION SCHEDULE SUBJECT TO CHANGE**



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September 20, 2023



Interdependence	
9:00 am	Opening Ceremony Drum Song Openign Blessing Check-in, Review
9:20 am	Team Building
9:45 am	Traditional Values
10:30 am	Break
10:45 am	Healthy Communication
11:30 am	Communication Exercise
12:00 pm	Lunch
1:00 pm	Team Building
1:15 pm	What's My Role - Identifying my strengths and contribution to my communities healing
2:00 pm	Developing a Personal Wellness Plan Creating a Plan Identifying threats/obstacles to the plan
2:30 pm	Break
2:45 pm	Team Building
3:00 pm	What is Stres? Burnout? Compassion Fatigue
3:45 pm	Self-Care Practices
4:30 pm	Closing Circle Belmont Process
5:00 pm	Adjournment

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September 21, 2023



Generosity

9:00 am	Opening Ceremony Drum Song Openign Blessing Check-in, Review
9:30 am	Team Building
9:50 am	Storytelling - What are the stories of generosity we have heard?
10:30 am	Break
10:45 am	Clan activity: Putting our community back together
11:30 am	Giveaway Preperation
12:00 pm	Lunch
1:00 pm	Team Building
1:15 pm	Commitment Circle
2:30 pm	Break
2:45 pm	Prepare for Giveaway
3:00 pm	Giveaway Ceremony
3:45 pm	Open Expression
4:30 pm	Closing - Closing Songs, Prayers
5:00 pm	Adjournment

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