



## **Band Administrator Zoom Workshop March 10-11, 2021**

### **Day 1 March 10 – Morning Session 10am – 12pm**

**Virtual Leadership: Where Communication, Collaboration and Compassion Intersect** Led by Tina Varughese, Professional Speaker and Trainer, t Works Inc.

With the sudden onset of Covid-19, organizations were forced to pivot, adapt and into uncharted waters while facing overwhelming uncertainty. Despite title, rank or position we are all leaders at work and at home and have the capability to impact, influence and inspire others through intentional actions. Virtual leadership begins with effective communication, collaboration, empathy and understanding. With employees becoming increasingly demotivated and disengaged coupled with mental health issues such as depression, anxiety and addiction on the rise because of the pandemic situation, it is imperative to lead with compassion, transparency, integrity and most of all resiliency as we stand together apart.

This is a virtual interactive, 'hands-on' inspirational keynote utilizing Zoom where attendees will participate in live polling, group chats, slide shares, morale-boosting activities and Q and A to promote social inclusivity, engagement and unity.

### **March 10 – Afternoon Sessions 1pm - 2pm**

**Make Wellness Matter** Led by Sarika Gundu, Sr. Manager, Strategic Initiatives, People and Culture @ Deloitte Canada

The COVID-19 pandemic has disrupted normal life for many people all at once. This has resulted in an increase in stress and anxiety for many of us including our team members. Sarika will provide practical tools and strategies to help you manage your wellness, including tips on how you can better support your team's wellness. You will learn how to address and prevent burnout on your team and how to build resilience. Whether you are teaming in-person or remotely, this session will provide key information to help strengthen your team now and long into the future

### **March 10 - 2pm – 3pm**

**Aboriginal Mental Health** Therapists Victoria & Samantha will provide practical tools to help you manage your wellness including tips for better mental health, self care and medicine wheel wellness through an interactive presentation Presented by Victoria Clarke RSW, BSW & Samantha Clarke RSW, BSW, MISW



## **Day 2**

### **March 11 – Morning Session 10am -12pm**

**Vetting Business and Investment Opportunities** Presented By: Frank Busch, CEO - NationFUND and "Indigenous insider"

As First Nations continue to assert themselves into the greater economy, many Nations are being "pitched" by proponents who want to enter into partnership agreements. This presentation will teach participants how to determine the good, the bad and the ugly of business and investment opportunities. A concise method of rationally evaluating potential investments and partners, identifying "red flags", and developing an in-house investment strategy will help prevent First Nations from getting burned and put them on the fast-track to economic prosperity!

### **March 11 – Afternoon Session 1pm -3pm**

**Physical and Psychological Safety for a Pandemic: A Community safety perspective** Led by Steve Burton, Psychologist (AB) at Silver Ridge Psychology and former police Inspector.

Safety is a big concern in our communities. Physically, we are aware of COVID-19 and the ramifications it has on the body but there are also the health challenges it can bring through rising tensions and stress. Psychologically, the added stress caused by the pandemic on finances, family health and cohesiveness can ultimately lead to strained relationships, increased substance use and possibly violence – to oneself or others. From dealing with clients, identifying risk factors for people who are at-risk for violence, to discussing security concerns for our communities in our COVID influenced "new normal", this presentation will provide you with an overview of issues with solutions for some and suggestions for others, all through the lens of lived experience.