

Mackenzie Leadership Community of Practice

*The "Spirit" of Storytelling
McLeod Lake Indian Band Office
November 21, 2007*

Memories and What was Said

Purpose of the Workshop

To gather relevant experiences in order to foster partnership and progress in our community. The focus for this workshop was to welcome a greater number of First Nations and Youth in our Community of Practice.

Why: To provide opportunities for individuals interested in developing their potential towards a higher standard of leadership.

What: A one day event that will be an amazing collaboration of communities and leaders with a goal of capacity building.

Theme: The Spirit of Storytelling

Participant List

Dave Francis	Stepanie Killam	Debbie Lewis
Tiffany Bowes	Gord Peterson	Bill Quinn
Michelle Goodkey	Mark Robillard	Rhonda McCook
Danny Case	Neil Pierre	Brittany McCook
Albert Poole	Bill Poole	Vince Chingee
Dan Adamson	Rita Francis	Joan Atkinson
Brian Coldwell	Michele Gidney	Geraldine Solonas
Sabrina Tylee	Virgy Inyallie	Justine Hawkins
Reggie Rocheleau	Jasmine Wingo	Christina Forshaw
Faith Rommel	Terry Teegee	Rob Weaver
Duncan Moss	Anna Terebka	Paula Walbauer
Deepa Tolia	Lyle Bonthoux	Jen Stalker
Shelly Bojarski	Trudy Tremblay	Kandi Tylee
Terra Tylee		

This session had wide representation from McLeod Lake and Mackenzie, RCMP, School District, Health professionals, Municipal, Ministry of Forests and First Nations. The session was hosted by McLeod Lake First Nations and accomplished the objective of greater participation from the First Nations community and Youth. Thank you to all who participated.

Check – in

One thing you like about your community or one thing you like about visiting the Mackenzie community.

- Community building
- “The people” warm & inviting
- Connected to the land
- Friends
- Safety & family/security
- Family orientated
- It’s home – beautiful scenery
- Winter activities
- Weather
- Quality of life
- Rich in diversity
- Grandmother
- You can be free
- Elders story(s)
- Potential in the people
- COP community and its possibilities

Listening Exercise:

Purpose: To demonstrate the implications of the fact that the way we conduct ourselves has an effect inside other people – as meaning making beings.

What we did:

With a partner two groups were formed and went through 3 rounds of listening. First round was to listen at a 55% level and act distracted. This was an exercise in “acting”. The second round was an exercise in “Self-Awareness”. You raised your hand every time your attention dropped below a 95% level. The third round was about “Telling your Story” and listeners showed up and listened the best they could.

What was expressed and felt....

Telling my Story 1st Round

I am....

- Nervous
- Embarrassed
- Uncertain
- Boring
- Uncreative
- Bounded/restricted
- Unmotivated

Telling my Story Last Round

I am....

- More confident
- Excited
- Engaged with self
- Animated
- Interested
- Valued
- Important
- Meaningful
- More informative
- Descriptive
- Relaxed

Coaching Trio Demonstration & Practice

Coaching focuses on evoking excellence in others. It is an action orientated method of learning based on insight and reflection. A powerful complement or alternative to the command and control model of leaders.

After the Live Coaching Demonstration each participant had the opportunity to practice coaching. Coaching trios were formed and each person had a chance to coach, be coached or super coach. The Grow Model was introduced and some learnings around the importance of Topic, Goal, Reality, Options and Will. Timing tips were discussed. Key to our learning was the debriefs and discussions after the experience.

The following is what we heard of your experience of being coached:

- Felt good to be heard
- More confidence
- Coming back with a solution
- Non judgemental – safe
- Get to a place you needed to explore
- Easy/comfortable
- Had fun
- Relieving to see another way
- Realizing
- Normalizing
- Response of “they heard”
- Different when you take from you head and put a voice to it or write it down
- Ability to answer own question – builds confidence/empowerment
- Reached closure and let it go

Some highlights on Storytelling from Lyle

Storytelling is a compelling form of communication. It is the ancient art of conveying events in words, images and sounds. Stories have been shared in every culture and in every land. Through stories we let people know what is important to us: our struggles and our life lessons, beliefs, values, traditions, hopes and dreams. Storytelling is the key to maintaining history. We must put storytelling concepts into practice in the workplace. There is a linkage between storytelling and coaching.

Group Dialogue Session

1. What were your most significant learnings from today?
 - Not Alone
 - Coaching is empowering
 - Practice builds confidence
 - Listening skills
 - New experiences
 - The impact I can have on others
 - Can approach people I don't know
 - The GROW model
 - Being Vulnerable
 - Each have coaching abilities
 - Built confidence
 - Self-realization that everyone has the answer within

2. What will you do differently as a result of your participation today?
 - Open to coaching opportunities
 - Try harder to formally coach people
 - Listen better/more – take advantage of skills learned
 - Use skills informally more in everyday situations
 - Better communication

3. What opportunities do you see to create a coaching culture in your community?

<ul style="list-style-type: none"> ➤ Bring it home to your workplace ➤ Can work into everyday interactions ➤ Through education ➤ Help out your friends/family ➤ Workshop at school/work ➤ Using it through volunteer organizations/situations 	<ul style="list-style-type: none"> ➤ Workshops such as this ➤ One-on-one ➤ Practice what you learn ➤ Maintain/build network ➤ Being a good coach/listener ➤ Domino effect – applying skill to one person makes a difference
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4. What ways can you contribute towards moving your community forward?
 - Listen more/better
 - Model better behaviour
 - Promote/advocate COP
 - Make someone's day by listening
 - Helping person feel accountable for solving their own dilemma

Check – out

Give one word that describes the day for you?

- | | |
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| <ul style="list-style-type: none"> ➤ Awesome ➤ Informative ➤ Enlightening ➤ Inspiring (inspirational) ➤ Exciting ➤ Blessed ➤ Long (said jokingly) ➤ Invigorating | <ul style="list-style-type: none"> ➤ Interesting ➤ Tasty ➤ Ducks ➤ Enjoying ➤ Fun ➤ Thankful ➤ Motivating |
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