

# TEAM BUILDING

For Chiefs, Councillors, Band Office Staff, School Staff,  
Board, Health Centre... any team!

**Building capacity, relationships and effectiveness!**

**TOPICS COVERED IN THIS 3 DAY WORKSHOP ARE:**

- Discover your Unique Personality Type
- Foundations for Success
- The 5 Agreements
- Effective Communication Techniques
- Managing Stress
- Effective Grounding Techniques
- Setting Boundaries
- Build Your Own Personal Board of Directors
- Problem Solving
- Setting SMART Goals
- Workplace Bullying
- Conflict Resolution Skills
- Professionalism & Work Ethic



“Best workshop ever, learned lots while having fun!”

**Susan Buchanan (Cree)**

20 years experience working with Canada's First People

Created for First Nations by First Nations  
100% First Nation Owned



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