



Healing the Hoop 2



McLeod Lake Indian Band and Lheidli T'enneh Nation to host HTH Conference 2023 in PG

SUMMARY

McLeod Lake Indian Band and Lheidli T'enneh Nation will host and deliver *Healing the Hoop 2* a wellness conference which will include a series of offerings in collaboration with Bizzybody Enterprises Inc.

Bizzybody Enterprises are a locally owned and operated Indigenous service provider company founded in 2008 and expanded in 2021 after it was determined that there was a need for a community culturally inclusive learning centre in the north and opened the doors to fill gaps in remote regions of BC.

The values of our organizations are:

- a) To create an environment where people can be who they want to be;
- b) To show up authentically, ready to meet people where they are at, and prepare to grow and be changed by the experience; and
- c) To be what our children aspire to, our elders are proud of, and our ancestors celebrate.

Our vision is:

A place where barriers are reduced, people are embraced, organizations are engaged, integrity is key, and community heals.

Our mission is:

Building capacities in people and organizations to create opportunities for communities to gather in a good way.

In collaboration with various urban and First Nation communities, surveys were conducted to better understand the needs of our community members. A variety of questions were asked which include, current employment status, health status, childcare, education, and training needs.

In addition to these survey results, statistics from other local wellness conferences were also referenced to inform of the gaps. From all the surveys and evaluations, the participants identified the need for further lessons to assist them in meeting their personal and professional development and employment goals.

The top 10 results were as follows:

- 1) Emotional Health & Wellness
- 2) Personal Development
- 3) Communications
- 4) Soft Skills Enhancements
- 5) Team Building
- 6) Computer Literacy
- 7) Goal Setting
- 8) Problem Solving
- 9) Social Responsibilities
- 10) Self-Esteem Make Over

“The circle has healing power. In the circle, we are all equal. When in the Circle, no one is in front of you. No one is behind you. No one is above you. No one is below you. The Sacred Circle is designed to create unity. The Hoop of Life is also a circle. On this hoop there is a place for every species, every race, every tree, and every plant. It is this completeness of life that must be respected in order to bring about health on this planet.”

– Dave Chief, Oglala Lakota –



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Further, gender-based analysis reports such as Amnesty International’s *Out of Sight Out of Mind* and the Women’s Resource Society’s *Peace Project* cite gender imbalances in the home, and gendered economic and employment barriers as factors affecting the health of our community at large.

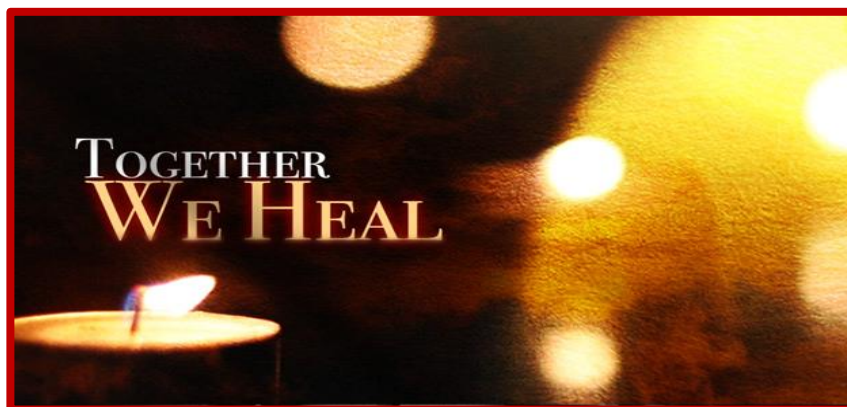
Our own data, which highlights the desire for better mental health and wellness and personal development tools, combined with the research done by Amnesty International Canada and the WRS, and guided by our own traditional teachings, has led us to the conclusion that the most effective way to empower people on their own journeys of growth, is to enlist community-based healing and wellness initiatives, that are trauma-informed, and wholistic in their approach, to include seeking to address gender inequities, violence, and discrimination that were imposed through colonization. The breakdown of healthy relationships is a direct product of colonial harm caused by Residential Schools, Day Schools, and other systemic and institutionalized practices.

Therefore, we are proposing to deliver a wholistic wellness conference centered in a decolonized approach of addressing relational, family, and community health and wellness, *Healing the Hoop*. We are looking to incorporate true reconciliation into every aspect of this conference, by removing the individualistic focus that is often a major part of health and wellness events and creating a dialogue around repairing relationships and building up and empowering ourselves collaboratively.

Beyond any technique, relationships are what heal.
-Lewis Mehl-Madrona

Such a conference will address most of the top ten personal growth desires of our survey respondents, as well as the findings of the GBA reports we consulted, and the known data concerning the long-reaching effects of colonization and Residential Schools, through addressing healing and growth through the lens of how our relationships and our community are an integral part of our own growth and healing. We anticipate *Healing the Hoop 2* will have 1000 individuals participate in the three-day conference in person and/or on virtual platforms.

We are asking for your financial or “in-kind” support to contribute to this innovative and meaningful initiative. The budget to deliver the entire conference is **\$615,000.00** and we are requesting support from your organization to actively participate in meaningful reconciliation and healing with our Indigenous neighbors.



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To date we have secured the following individuals to participate in leading the conference and providing workshop facilitation and culturally appropriate guidance:



Art Napoleon

- ◆ Comedian
- ◆ Elder in Training
- ◆ Land Keeper
- ◆ Moosemeat and Marmalade
- ◆ Saulteau First Nation
- ◆ Singer
- ◆ Songwriter



Keith Secola

- ◆ Anishinaabe
- ◆ Musician
- ◆ NDN Kars Song
- ◆ Singer
- ◆ Songwriter
- ◆ Youth Advocate



Quannah Style

- ◆ 2Spirit
- ◆ Actress
- ◆ Filmmaker
- ◆ Influencer
- ◆ Make-up Artist
- ◆ Recording Artist
- ◆ Saulteau/Poundmaker Nations
- ◆ Singer

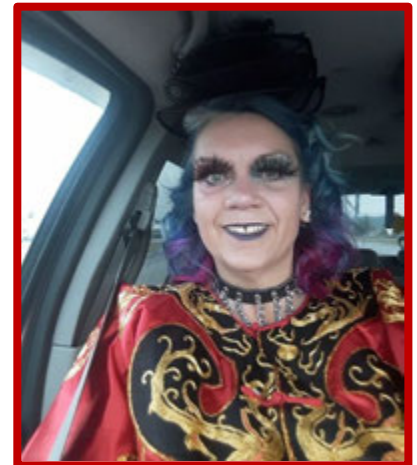
Loretta Parenteau-English

- ◆ Elder in Residence
- ◆ Knowledge Keeper
- ◆ Pikiniaki First Nation
- ◆ Pipe Carrier
- ◆ Traditional Ceremony Leader



Penny Jones

- ◆ Facilitator
- ◆ Health Advocate
- ◆ LBGTQ2 Leadership
- ◆ Medical Professional
- ◆ Ted Talks



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GOALS AND OBJECTIVES

Today there is growing recognition that the achievement of social and economic well-being for Indigenous People requires a more comprehensive approach that has greater flexibility for meeting the needs of each individual. There is a significant need to offer programming that addresses the causes of problems and not just the symptoms while working with individuals to move forward in reconciliation and begin to heal and mend together.

The healing and wellness sought by Indigenous People is based upon the return to traditional spiritual values and knowledge. As well as the integration of modern techniques to teach the skills needed for independence and self-sufficiency. We know from survey results that people are struggling to feed their families, to uphold their relationships and find fulfilling employment. The conference currently has the following partnerships secured to date and looking forward to building capacity in the coming months:

- ◆ Bizzybody Enterprises
- ◆ Cenovus Energy
- ◆ City of PG
- ◆ CN Rail
- ◆ EDI Environmental
- ◆ KC Bookkeeping
- ◆ Kwadacha
- ◆ Lheidli T'enneh
- ◆ Marriott Courtyard Hotel
- ◆ McLeod Lake Indian Band
- ◆ National Council for Truth and Reconciliation
- ◆ PG Aboriginal Business Centre
- ◆ PG Conference and Civic Centre
- ◆ TD Bank
- ◆ Tourism PG
- ◆ Tsay Keh Dene



The goal of this initiative is to build on to the teachings that were shared at previous local gatherings with a healing continuum that incorporates health promotion and prevention. It is the goal of this conference to encourage individuals, families and communities to enjoy a healthy balanced life and to reconcile the pain within. In order to start to *Heal the Hoop* one must be physically, mentally, emotionally and spiritually balanced. Our objective is to accomplish the following:

- ◆ Build self-esteem and improve self-concepts;
- ◆ Create awareness around healthy humility that incorporates positive self-concepts;
- ◆ Encourage participants to make changes in their lives that will improve their immediate relationships in the home, their relationships at work, and in their communities for greater success;



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- ◆ Guide participants in identifying their own unique strengths and assets, and how to translate their self-knowing into a better sense of security in relationships and in community;
- ◆ Introduce techniques and approaches to collaboration and strengthening personal social ecosystems for resiliency, healing, and growth;
- ◆ Offer mentorship/create support circles for participants wishing to engage in entrepreneurial opportunities;
- ◆ Provide a framework for individual and collaborative goal setting;
- ◆ Provide a trauma-informed, culturally sensitive, safe place for healing and sharing;
- ◆ Reconciliation – offer a variety of healing sessions, healing ceremonies, talking circles, and teachings to deconstruct and decolonize the damage created by Residential and Day Schools, especially in regards to gender and personal and family relationships; and
- ◆ Replace feelings of alienation to reduce the impacts of trauma and adversity on individuals.

In accomplishing these objectives, the overall benefit to the participant will be a path to healing, an opportunity for reconciliation, improved confidence, skills and self-concepts to maintain a healthy lifestyle and foster healthy social ecosystems around them. This will ultimately contribute to the overall health, wellness, and prosperity of their families, workplaces, and communities, with an exponential result. Targeted participants for this project include:

- ◆ Addiction Counselors, Mental Health Workers, Social Workers, Frontline Workers & Teachers-those who experience stress on a daily basis and need time for personal development;
- ◆ Indigenous Community Leaders – Band Managers, Chiefs, Councilors and Health Leads;
- ◆ Indigenous people from local FN communities;
- ◆ People who are experiencing problems in relationships and want to improve the health and wellbeing of their social ecosystems; and
- ◆ Previous local conference participants.

Here are some photos from past local health and wellness events.



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PROCEDURES AND SCOPE OF WORK

McLeod Lake Indian Band and Lheidli T'enneh Nation will host and deliver *Healing the Hoop 2* a wellness conference which will include a series of offerings. The series will be trauma-informed, and based on cultural teachings, traditional concepts of respect and sharing, and wholistic approaches to personal wellness through community wellness, that form the foundation of the Indigenous way of life. Each teaching honors one of the basic virtues essential to lead a full and healthy life and create and connect to healthy social ecosystems. Some of the key activities for the workshops will include:

- ◆ Boundary Setting and Responsibility Keeping for Healthy Relationships
- ◆ Community Engagement
- ◆ Decolonizing Gender Teachings
- ◆ Family Guidance
- ◆ Fostering Soft Skills Around Teamwork, Collaboration, and Interpersonal Skills
- ◆ Healing Through Laughter
- ◆ Personal Development Workshops
- ◆ Personal Testimonies
- ◆ Reconciliation and Healing Intergenerational and Intimate Relationship Trauma
- ◆ Reframing Narratives to Heal Self-Concepts and Reclaim Healthy Social Space
- ◆ Singing and Drumming
- ◆ Smudging and other Ceremonies
- ◆ Traditional Peer Support Models such as Healing Circles
- ◆ Using Artistic Expressions to Reduce Feelings of Alienation

EVALUATION

- ◆ Qualitative evaluations through surveys and worksheets related to the conference.
- ◆ Quantitative results with follow-up 12 weeks after completion of the project. This will include number of participants attending and completing workshops, and the feedback they provided at the sessions.
- ◆ The overall benefit to the participants will be improved self-concepts, healthier social ecosystems and stronger support networks, increased positive concepts around gender, more comprehensive soft skills, a better balance with self-concepts and humility, more tools to approach maintaining health and wellness in a decolonized and wholistic relationships-based way.
- ◆ This will ultimately contribute to the overall health, wellness, and prosperity of their families, their workplaces, and the communities to which they belong.

At Bizzybody, community building is the foundation to how we approach physical, mental, emotional, and spiritual health. Healthy social ecosystems create healthy individuals and healthy individuals create healthy social ecosystems. Our conference will address these issues through workshops, ceremonies, and keynotes that address all aspects of finding a better way with each other and with ourselves. The conference is trauma-informed and culturally-based, and the vast majority of presenters are Indigenous knowledge keepers, field experts, artists and innovators.



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TIMETABLE

September 2022	<ul style="list-style-type: none"> ◆ Obtain support letter from MLIB ◆ Obtain list of JVs and business partners ◆ Review Sponsorship Levels ◆ Submit Sponsorship grant applications ◆ Design Hard and C-Copy Sponsorship Package ◆ Distribute Sponsorship Proposal ◆ Sponsorship follow-up phone calls ◆ Community Engagement
October 2022	<ul style="list-style-type: none"> ◆ Distribute Sponsorship Proposal ◆ Sponsorship follow-up phone calls ◆ Community Engagement
November/December 2022	<ul style="list-style-type: none"> ◆ Confirm venue details ◆ Sponsorship confirmations
January 2023	<ul style="list-style-type: none"> ◆ Sponsorship confirmations / Confirm Speakers/Presenters/Facilitators / Draft agenda / contractual agreements / Contact presenters and entertainers
February 2023	<ul style="list-style-type: none"> ◆ Sponsorship confirmations ◆ Organize conference logistics ◆ Order conference merchandise
March 2023	<ul style="list-style-type: none"> ◆ Sponsorship confirmations ◆ Finalize presenters ◆ Arrange travel and lodging ◆ Advertising & promotion ◆ Finalize sponsorship & agenda ◆ Coordinate volunteers
April 2023	<ul style="list-style-type: none"> ◆ Sponsorship confirmations ◆ Advertising & promotion ◆ Finalize sponsorship & agenda ◆ Coordinate volunteers ◆ Coordinate presenters / transportations ◆ Create and complete conference surveys for delegates ◆ Host Conference – HTH2
May 2023	<ul style="list-style-type: none"> ◆ Return rented materials ◆ Pay all outstanding invoices ◆ Deliver final results to MLIB community ◆ Review Surveys ◆ Write Final Report
June 2023	<ul style="list-style-type: none"> ◆ Distribute Final Report
July 2023	<ul style="list-style-type: none"> ◆ Begin 2024 Campaign



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BUDGET

Expense	Total Estimates
Catering	\$192,340.00
Practitioners / Service Providers	\$98,500.00
Equipment Rental	\$14,500.00
Delegate Bags /Hospitality Needs	\$42,000.00
Event Logistics	\$47,000.00
Facilities / Rentals	\$29,500.00
Marketing / Promotion	\$36,500.00
Presenters / Speakers	\$103,500.00
Travel / Accommodations	\$51,000.00
TOTAL EXPENSES	\$614,840.00

SPONSORSHIP LEVELS - Please consider one of the conference partnerships:

Conference Host \$25,000 (one available) - SOLD

- ~~◆ Logo on all marketing materials (including posters, merchandise, advertising, workbooks and thank you letters)~~
- ~~◆ Conference sponsor entitlement~~
- ~~◆ Representative to introduce and open event~~
- ~~◆ Mention in media releases / Photo opportunity to be submitted to media~~
- ~~◆ Listing in all sponsorship lists~~
- ~~◆ Recognition at the conference and in final report~~
- ~~◆ Signage at the event – prominent placement~~

Dinner Host \$20,000 (one available)

- ◆ Logo on all marketing materials (including posters, merchandise, advertising, workbooks and thank you letters)
- ◆ Dinner sponsor entitlement
- ◆ Representative to introduce and open the dinner
- ◆ Mention in media releases / Photo opportunity to be submitted to media
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report
- ◆ Signage at the event – prominent placement
- ◆ Announcements of sponsorship throughout the conference

Bannock and Jam Host \$15,000 (one available)

- ◆ Logo on all marketing materials (including posters, advertising, and thank you letters)
- ◆ Musical Night sponsor entitlement
- ◆ Representative to introduce and open the show
- ◆ Mention in media releases / Photo opportunity to be submitted to media
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report
- ◆ Signage at the event – prominent placement
- ◆ Announcements of sponsorship throughout the conference
- ◆ Tickets to attend the show (up to a total of 4)



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Medicine Host \$12,000 (one available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Signage at the Medicine Room and may provide Representative to host the Medicine Room
- ◆ Listing in all sponsorship lists
- ◆ Will be gifted with medicine for your office
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference

SPA Host \$10,000 (one available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Signage at the SPA Room and may provide Representative to host the SPA Room
- ◆ Listing in all sponsorship lists
- ◆ Will be gifted with photos of your team coordinating the SPA for your office
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference and throughout the SPA offerings

Lunch Host \$9,000 (three available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Invitation to join the lunch and share a short message
- ◆ Signage on the food offering table
- ◆ Lunch sponsor entitlement (food / beverage break host)
- ◆ Representative to introduce prayer speakers
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference

Breakfast Host \$8,000 (three available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Invitation to join the breakfast and share a short message
- ◆ Nutrition sponsor entitlement (food / beverage break host)
- ◆ Signage on the food offering table
- ◆ Representative to introduce prayer speakers
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference

Elder Host \$7,000 (three available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Invitation to join the Elder Group for a photo opportunity
- ◆ Signage at the Elder Hospitality Room
- ◆ Representative to host the Elder Hospitality Room
- ◆ Listing in all sponsorship lists
- ◆ Logo on all honorarium receipts
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference

Nourishment Host \$6,000 (nine available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Nutrition sponsor entitlement (food break host)



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- ◆ Signage on the nourishment offering table
- ◆ Representative to introduce prayer speakers
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference

Keynote Speaker Host \$5,000 (six three available)

- ◆ Logo on all keynote speaker marketing materials (including posters and advertising)
- ◆ Keynote speaker entitlement (Representative to introduce speaker)
- ◆ Signage behind the speaker
- ◆ Mention in media releases regarding keynote speakers
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference

Workshop Host \$4,000 (twenty available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Workshop sponsor entitlement (exact workshop to be determined)
- ◆ Representative to introduce and open workshop
- ◆ Company Logo on the room sign
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference

Smudging Tent Host \$3,000 (one available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Smudging Tent sponsor entitlement
- ◆ Representative to introduce and open the tent
- ◆ Company Logo on the tent sign
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report
- ◆ Announcements of sponsorship throughout the conference

Delegate Bag/Hospitality Host \$3,000 (five two available)

- ◆ Logo on marketing materials (including posters and advertising)
- ◆ Logo on delegate bags
- ◆ Representative to open the conference and hand out the delegate bags
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report

Beverage Host \$2,000 (three available)

- ◆ Logo on marketing materials (including posters and advertising) and signage on the beverage offering table
- ◆ Beverage sponsor entitlement (beverage break host) for one day
- ◆ Representative to serve coffee in the mornings if desired
- ◆ Listing in all sponsorship lists
- ◆ Recognition at the conference and in final report

Healing Host \$1,000

- ◆ Listing in all sponsorship lists
- ◆ Recognition in the final report



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Sponsor / Partnership Form

The McLeod Lake Indian Band (MLIB) and Lheidli T’enneh Nation to host “Healing the Hoop 2” (HTH2) Health and Wellness Conference in Prince George. The three-day gathering will run April 26-28, 2023 at the PG Civic and Conference Centre and the Courtyard Marriot Downtown.

Today’s Date: _____ Contact Name: _____

Organization / Company: _____

Mailing Address (including postal code): _____

(Phone) _____ (Fax) _____ (Email) _____

I/our organization is proud to be a sponsor for “Healing the Hoop 2” health and wellness conference and look forward to collaborating to help heal a nation – one hoop at a time and bring this conference to life in our Northern Region.

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Conference (\$25,000) | <input type="checkbox"/> Dinner (\$20,000) | <input type="checkbox"/> Bannock & Jam (\$15,000) | <input type="checkbox"/> Medicine (\$12,000) |
| <input type="checkbox"/> Spa (\$10,000) | <input type="checkbox"/> Lunch (\$9,000) | <input type="checkbox"/> Breakfast (\$8,000) | <input type="checkbox"/> Elder (\$7,000) |
| <input type="checkbox"/> Nourishment (\$6,000) | <input type="checkbox"/> Keynote (\$5,000) | <input type="checkbox"/> Workshop (\$4,000) | <input type="checkbox"/> Smudging (\$3,000) |
| <input type="checkbox"/> Delegate Bag (\$3,000) | <input type="checkbox"/> Beverage (\$2,000) | <input type="checkbox"/> Healing (\$1,000) | <input type="checkbox"/> Other _____ |

By signing this form, we agree to the above and package noted financial contribution as well as the return on investment that our organization will receive.

Printed Name _____ Signature _____ Email Address _____

Invoices will be emailed to the contact noted above. Cheques can be made out to Bizzybody Enterprises and EFT payments can be administered to the appropriate email address.

What is your preferred method of payment:

- Cheque Credit Card (5% admin fee may be added) EFT finance@bizzybody.ca

For additional information or to confirm your sponsorship please connect with us at Bizzybody: 10511 100th Avenue, FSJ. BC. V1J 1Z1 / Phone: 778.576.1230 / info@bizzybody.ca



Healing the Hoop 2 Conference Sponsors



HTH2 Official Registration Form

McLeod Lake Indian Band and Bizzybody Enterprises to host Courtyard Marriott's "Healing the Hoop 2" Health and Wellness Conference in Prince George, BC. The three-day conference will run April 26-28, 2023 at the PG Convention and Civic Centre as well as the Marriott Hotel downtown PG. Each day the conference will run from 9am-5pm with evening festivities on the 26-27, which will run 5-9pm on the first two days of the event.

Name (as it should appear on your nametag): _____
Status: First Nations (Band _____) Metis Industry Health Care Professional Other
Group / Organization: _____
Food Allergies: _____
Contact Email: _____ Phone/Cell: _____

Registration Deadline is Monday, April 17, 2023 / Fee is \$500 per person

\$500 Registration Fee includes:

- ◆ Access to all keynote, workshop, artisan market, smudging and healing circle sessions
- ◆ Six nourishment breaks, Three lunches, Three breakfasts
- ◆ One ticket to Healing Through Laughter and Dinner
- ◆ One ticket to the Bannock and Jam Musical Extravaganza
- ◆ Round dance, Drumming and other cultural offerings

Accommodations: (Guests required to book and finance their own accommodations)

- ◆ Rates listed below for our host hotel, please note "Healing the Hoop 2" when making your reservations to utilize the conference negotiated rate plan, **limited availability, book today!** (rates do not include taxes)
- ◆ **Courtyard by Marriott Host Hotel:** 250-596-6274 Room rates starting at \$149 per night, click the link to register yourself/community <https://www.marriott.com/events/start.mi?id=1669309345850&key=GRP>

- ◆ Invoices will be emailed to the contact noted above. Cheques can be made out to Bizzybody.
- ◆ What is your preferred method of payment: Cheque Credit Card (5% admin fee may be added) EFT
- ◆ Cheques made out to Bizzybody: 10511 100th Ave., FSJ. BC. V1J 1Z1 / Phone: 778.576.1230 / travis@bizzybody.ca

Next Steps:

- (1) **Questions Call: 778-576-1230**
- (2) **Complete Form**
- (3) **Send back via fax or email: Fax: 236.304.6916 / Email: travis@bizzybody.ca**
- (4) **Wait for confirmation and payment options**
- (5) **Payment for all confirmed registration will be administered**
- (6) **Registration for HTH2 will be secured and information will be shared**

