

## ABORIGINAL COACHING MODULES

If you work with, or supervise youth of Aboriginal heritage, this workshop is an essential resource. If you wish to understand, relate to, and apply Aboriginal cultural perspectives that will allow you to motivate, inspire, and lead those youth towards a successful and meaningful lifestyle, this workshop was designed for you.

This interactive workshop is available to both Aboriginal and mainstream organizations who have Aboriginal youth in their sport, social, or employment programs. Aboriginal Sport Circle's trained instructors will facilitate discussions, which include role-playing and group activities to engage all participants. This type of interactive setting has provided a fun, fulfilling, and positive learning experience for both participants and facilitators alike.

The workshop includes unique methods and perspectives not found in mainstream coaching certification programs. It is holistic in its approach and includes teachings of the Medicine Wheel, the four gifts, as well as the values within the four pillars and many other issues that are unique to Aboriginal culture.

The Aboriginal Coaching Modules were designed to provide culturally relevant courses for coaches and people working with Aboriginal youth and athletes.

*The ACM is rolled out in 3 modules:*

**Module 1 - Holistic Approach to Coaching** encompasses a holistic approach to coaching which includes topics such as creating a positive environment, the Medicine Wheel, a coaching perspective: physical, mental, emotional, intellectual, cultural, and spiritual aspects, values (the Four Pillars), coach-to-community relationships.

**Module 2 - Dealing with Racism in Sport** encompasses issues on dealing with racism in sport including definitions that may be useful in the discussion of racism and knowing when to use the right word to describe what is happening in a certain situation, i.e. discrimination, racism, prejudice, stereotype, systemic discrimination. It also discusses how to respond to racism and the three choices of response, examples of coaches' responses, organizational responses to racism, creating a positive environment, and coach-to-family relationships.

**Module 3 - Individual and Community Health and Wellness** encompasses topics on lifestyle, health, and nutrition, and how to be familiar with the unique lifestyle, health situations, and challenges that Aboriginal youth may face. Topics in this chapter include: understanding the community where you coach, mental health, personal and community health practices, diet and nutrition, health conditions and diseases, and influencing change.

*In collaboration with*

[Sport Yukon](#), [Yukon Aboriginal Sport Circle](#), & [Yukon Government Sport and Recreation Branch](#)

Location: Council of Yukon First Nations Office, 2166 - 2<sup>nd</sup> Ave

Date (Time): Mar 24<sup>th</sup>, 2017 - Friday (6:30pm – 9:30pm)

6:30 pm - 6:50 pm Elder prayer / Sharing Circle

6:50 pm - 9:30 pm *Module One - Holistic Approach to Coaching*

Date (Time): Mar 25<sup>th</sup>, 2017 - Saturday (8:00am – 2:00pm)

8:00 am - 9:00 am *Module 1: Holistic Approach to Coaching*

9:00 am – 09:15 am Break

9:15 am -11:15 am *Module 2: Dealing with Racism*

11:15 am- 11:45 am Lunch

11:45 am - 1:45 pm *Module 3: Individual and Community Health and Wellness*

1:45 pm - 2:00 pm Closing Prayer / Debrief

Registration Fee: \$25.00

Attendance: Maximum 20 Participants

About your facilitator: Dorothy J Paul's mother was from Old Masset Village on Haida Gwaii, her father is from Uist, Scotland. Dorothy currently works at Coast Salish Employment & Training Society. Dorothy has an extensive sport background with her current sport of choice of Box Lacrosse. Dorothy is a Master Learning Facilitator for the Aboriginal Coaching Modules (ACM) and has facilitated more than fifty (50) ACMs in the past 12 years. Dorothy's workshops are focused on fun, interactive exercises with lots of games to facilitate learning.

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#### National Coaching Certification Program

Launched in 1974, the National Coaching Certification Program (NCCP) is the CAC's flagship program, and has been identified as a world leader in coach education. It is currently the largest adult continuing education program in Canada. The NCCP gives coaches the confidence to succeed and is designed & delivered in partnership with the government of Canada, provincial/territorial governments, and national/provincial/territorial sport organizations.

#### Coaching Association of Canada

The Coaching Association of Canada (CAC) unites stakeholders and partners in its commitment to raising the skills and stature of coaches, and ultimately expanding their reach and influence. Through its programs, the CAC empowers coaches with knowledge and skills, promotes ethics, fosters positive attitudes, builds competence, and increases the credibility and recognition of coaches. [www.coach.ca](http://www.coach.ca)

**CALL SPORT YUKON 668-4236 or email [news@sportyukon.com](mailto:news@sportyukon.com)**

**TO REGISTER FOR THIS NCCP WORKSHOP**

**Coaches should also register in [NCCP Workshop Calendar](#).**

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