

Walking with Truth and Reconciliation

A journey with Rachelle Dallaire

Guiding Questions for the course



Welcome

This guide is presented as a partner resource to the [Walking with Truth and Reconciliation](#) course developed by PAN. The course highlights a presentation offered by Rachelle Dallaire, Executive Director of [Indigenous Perspectives Society](#).

With Rachelle's permission and support, the capacity building team at PAN developed a series of questions and reflections to build on this learning opportunity. By taking a deeper journey here – whether you are an ally, an Indigenous person, or maybe you are questioning where you fit in it all – we hope you find this guided exploration helpful for you to bring to your people; and to your organizations to strengthen knowledge by engaging collectively and listening and sharing with your team.



Lesson 1: Setting Intentions

Before watching the videos, write down 3 or 4 things that you hope will be covered. It's helpful to be able to define your learning edge. You may listen a bit differently. You might make a new connection between ideas and across practices.

Take notes. A lot of ideas are covered. You'll likely be happy you did. Each section has prompts to think further on what is presented.

Pay particular attention to any emotional responses that arise. Immediately after watching each video segment, take a moment or two to reflect and identify your emotional responses and reactions to the materials covered and how they are spoken about.

Questions for self-reflection

Do you feel safe when hearing these words? Included?

Does anything make you sad, or angry? Hopeless? Hopeful?

Are any of your values and beliefs challenged? Strengthened?

Take the space you need to acknowledge whatever comes up. *Be kind to yourself.*



Lesson 2: Preparing for the journey

Questions for self-reflection

How do you “put your feet on the ground”?

What are some of the distractions around you right now?

Do you feel more grounded and/or present after Elder Lucy’s opening?

Reflections for your workplace

What tools and rituals does your organization use to help bring staff together with one heart and mind?

In what ways does your organization engage with Indigenous knowledge?



Lesson 3: What is truth and reconciliation?

Questions for self-reflection

Rachelle states, “If we honour the truth, we can reconcile our future”. Why is truth-telling hard?

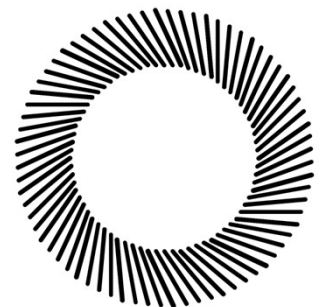
Who gets to speak their truth and who gets silenced?

What topics do you find hard or unsafe to talk about?

Reflections for your workplace

How does your workplace demonstrate their commitment to truth and reconciliation?

What’s one thing my organization is doing well?



Lesson 4: Finding inspiration

Questions for self-reflection

How do you think Rachele's complex relationships with family impact her life and work? What kinds of resiliencies does she demonstrate through her presentation and stories?

How does *your* story and history impact you today?

What inspires you?

Reflections for your workplace

What is our understanding of Indigenous histories?

What do we know about the local context? Where did the children go to Residential School, for example?

How is our workplace positioned as an ally?



Lesson 5: Embodied Indigenous leadership

Questions for self-reflection

What leadership principles do you embody?

Which ones do you want to grow?

Do you have any Elders in your own life who provide insights and guidance?

What are your values, and where do they come from?

Reflections for your workplace

How is your workplace accountable to your community?

Does the organization ask, how will our actions benefit the *whole community*?



Lesson 6: What can you do?

Questions for self-reflection

Rachelle says “When we have decisions to make, I say to Executive Directors, if you have your values, you are never alone in making your decisions. You are never lost.”

How do *your* values act as guides in your work?

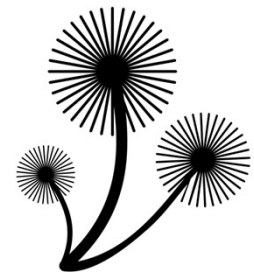
What’s your understanding of cultural intelligence?

How would you rate your cultural intelligence?

Reflections for your workplace

What are the shared values in your workplace? How do conflicting values show up?

How does cultural intelligence live in your workplace?



Lesson 7: Trauma, safety, and complexity

Questions for self-reflection

How do you define mental wellness?

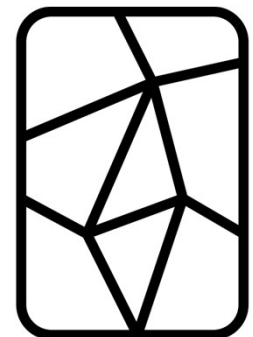
Where does lateral violence originate from?

How do we identify and work with this?

Reflections for your workplace

How does your workplace identify and manage lateral violence?

What kinds of conflict resolution processes are present?



Lesson 8: Widening the circle

Congratulations! You've reached the end of the course. Let's take a few moments to close in a good way.

Centering and Grounding

How are you doing in your body right now? Did you notice whether Rachelle's presentation engaged both your heart and your mind? Was one more dominant? Do you feel you can maintain balance when engaging with this kind of content? Did you notice any particular emotional responses? Did anything surprise you about your experience with Rachelle's story?

Recalling and reflecting

Remember back at the beginning, recall the questions you had. Which questions remain unanswered for you? Are there new any notions or ideas that will stick with you over the next while? One or more takeaways?

Intentions and actions

Does Rachelle's story leave you inspired towards any actions you can take in your daily life? Is there anything you will do differently with your clients, colleagues or other people around you? What is the relevance to STBBI work?

Can you imagine or are there any future conversations or teachings you would like to have or that you would find helpful?

All my relations



Resources

These are the resources offered in the lessons of the course.

Resources to know

[Indigenous Perspectives Society](#)

[PAN Indigenous Cultural Safety resources](#)

[Truth and Reconciliation Commission of Canada](#)

The Secret Life of Canada: [The Indian Act](#)

[Cultural Intelligence Centre](#)

[Trauma and Stress in the workplace](#)

[Workplace Trauma: causes, signs, and how to support your people](#)

[Trauma-Informed Workplaces Toolkit](#)

Resources to grow

[Sophie Pierre](#)

[United Nations Declaration on the Rights of Indigenous Peoples \(UNDRIP\)](#)

[Royal Commission of Aboriginal People](#)

[Michael Loft](#)

The creation story: [The Seven Sacred Laws](#)

Resources

Resources to grow

The creation story: [The Seven Sacred Laws](#)

[Indigenous Leadership](#) with Marcia Dawson, UBC Learning Circle

[Indigenous Cultural Intelligence Course](#) from University of Alberta

[First Nations in BC and the overdose crisis: COVID-19 pandemic sparks surge in overdose deaths \(2020\)](#)

[Métis Women's Strength-Based Kindness Toolkit](#)

Deep dive

[The Strength of the Land: An Indigenous Perspective](#) by Dr. Kathy Absolon

[Living Indigenous Leadership](#)

[Truth and Reconciliation Calls to Action](#)