

CONTEXT



Calling Out the Power in Native Communities.

In our community, there's always something that's heavy. In the workplace and at school, structural racism weighs heavy on the psyche.

In addition, to lateral oppression within our own communities. This building pressure often causes people to slow down or become stuck in achieving their goals.

To address this pain/stuckness, we are introducing **Calling Out the Power**, a coaching skill that will **Support OUR Community**:

- » To walk away ready to act (brainstorming, challenging, action & getting them moving). To move into action.
- » To support decision making & balancing what's happening in our own lives.
- » To build resiliency as part of the vision.
- » To offer needs-based support to move from the educational to the professional world.
- » To support healing painful community and family dynamics.
- » To empower us to navigate complex situations in useful & meaningful ways.
- » To develop and utilize shared language to communicate how we feel.
- » To provide strategic supports to help each other get unstuck.



Calling Out the Power in Native Communities

COACHING SKILL

Calling Out the Power in Native Communities means acting as a partner in supporting others to access their power. It reminds us to tap into multiple sources of power, including the power within as well as ancestral power.

It also helps us to see the context (the What & the How and creates an opportunity to unpack any hesitation or stuckness).

COACHING QUESTIONS

1. What's something that you would like to move forward with but aren't sure how?
2. How are you feeling stuck?
3. How powerful are you feeling on a scale from 1-10?
4. Drawing from the resilience of your ancestors and what they went through to be here; What can you pull from them? What's possible with this power? What would it look or feel like to draw upon the power of the ancestors?
5. In an ideal world, if you didn't feel stuck & didn't feel this way, what's possible?
6. How can you bring that power into your everyday life?
7. What can you do to make it more accessible? Little steps?
8. How do you want to remind yourself about this power? Example: a rock, story, song, word in your native language, smudging, ceremonial practice or a variation.
9. What are you going to do to take that first small step to get unstuck?
10. What else do you need to move this forward?

NOTES