



Returning To Spirit Residential School Healing and Reconciliation - Aboriginal Workshop Sts'aukes Lhawathet Lalem – February 20, 2017

26 Youth Participants from: North American Indigenous Games – Team BC Aboriginal Soccer

3 Trainers from: Hollow Water, MB and Prince George, BC

Coach from: Winnipeg, MB

Host Community: Returning to Spirit

Host Coordinator: Lisa Raven

Workshop Coordinator:

**Our under 18 youth participants were asked to evaluate their experience of this RTS
Workshop by answering the following question:**

How has this workshop made a difference in your life?

It made a difference by teaching me how to cope with things. It will help me complete more completions.

You only control your own actions. Let go, forgiveness, and acceptance.

This workshop opened my eyes to connecting to my self and my teammates. I was able to figure out the things I do in times of stress and the things I do to break through.

The workshop has made a difference in my life because I now have more ways to resolve conflict and how to see people's practices, so I can learn to help.

Personally, I have always been a quiet person, only really opening up to my close friends. This workshop helped me realise that I'm not the only one seeing other people overcome this has helped me to do the same; let go of my inner judgements. It has also helped me cope with my emotions by teaching me the proper way of forgiveness and dealing with all of the negativity in my day-to-day life. Thank you.

During this workshop, many of my self opinions about myself, my friends, my family and past relationships have made a area for forgiveness and acceptance which is very important to be able to live happy and healthy in everyday life. I have learned my way of survival and what my practices have done to me in holding me back to be able to reach my potential.

I am now able to control now I think so I can force my actions into the positive possibilities.

I've learned how powerful my feelings are, and my thoughts towards myself and others. I've also learned how to be more comfortable to speak in front of people. And, also to confront when we have a problem.

This workshop has made a difference in my life because of learning the ways to cope with problems. Also, the power to forgive mostly anything.

It has made a difference in my life by my learning not to be as shy as I was and, expressing my feelings in front of a lot of people.

This workshop was a great opportunity for me to recognize my practices and who I am and what I define with. I've learned that before I participated in Returning to Spirit that I am in concept of me, and that in order to allow the creation of me to break through, I have to first let go of what is covering the spirit of who I am. I understand how to alter conversations with myself from no possibilities to endless possibilities. I truly feel a change in my life and am grateful for the facilitators for spending their time on working with us.

The workshop made me a little different because it showed me many different things in my mind.

Being able to open up and talk in crowds.

Made me more aware of the people around me and realize we're all battling the same battle which is our own stories. The stories we make in our heads and to be easier on yourself which I think is going to help me be more happy with myself. It brought me closer to myself and inner happiness and could potentially bring me closer to people as I learn to forgive, learn to forgive myself and others and to not take anyone or myself for granted.

This workshop has helped me understand more about myself and others and the way life works. It helped me become a better person and feel better about myself.

It's made a little difference for me in the past couple days of the workshop about coming out and talking about myself and the issues I had to deal with, but its forced me to become more open to new people in my life, how to give forgiveness and to accept.

It helped me identify the way I deal with conflict and I acquired tools to deal with problems in different ways.

It has helped me many ways to deal with problems and realize when I have a problem, teaching me how to act and read in certain situations.

Makes me realize that I am in charge of my own actions which all depends on my mind.

This workshop helped me release a lot of problems I've had in the past even though I didn't share it. It helped me get over a very long break up and darkness inside of me.

I feel I have learned a lot about communications, and I just need to apply them to my life now.

This workshop helped me find new ways I haven't heard or known of to handle problems. It helped me learn how to move forward and accept the things that have happened in the pasts, and to help get things off my chest. I have been wanting to say to certain people and it felt great. Everything I learned with the workshop will help me out later in my life and help me cope/handle those situations when I am older.

Returning to Spirit workshop has made many differences like talking in front of a big group, talking to single people, and sharing how I feel.

This workshop has made a difference in my life by helping me realize who I really am and how I cope with different obstacles in my life. It has also helped me do my completions with others. During this workshop, I have also discovered my practices and mechanisms.