



Returning To Spirit Residential School Healing and Reconciliation - Non-Aboriginal Workshop Micah House Winnipeg, MB – January 13 to 16, 2017

9 Participants from: Winnipeg, MB
3 Trainers from: Nanaimo BC and Winnipeg, MB
Coach from: Hollow Water, MB
Host Community: RTS & Winnipeg Foundation
Host Coordinator: Francois Paradis
Workshop Coordinator: Francois Paradis

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?

This opportunity has gifted me with the skills to live my life more fully and free from drama and negativity. It has highlighted how cognition can control my emotions. In a step-by-step process and has offered me the tools to respond differently should I choose. It has a lot of information relayed in four days and I will need time to process. I am however excited about the potential for my personal life as well as for any role I might play in reconciliation. Thank you all for your generosity of time, patience and love.

Anonymous Winnipeg, MB

This workshop came at the perfect time in my life. I was meant to sit beside Dianne in our class together so I would end up here, in this new space with this new wisdom. I recognize that this workshop is a stepping stone, as this work and self transformation is a continuum. However, I believe that I gained skills and am leaving empowered to use the skills in the practical application of my life. This I hope will cultivate a better relationship with my self to find acceptance and with my broader community.

Anonymous Winnipeg, MB

I am more equipped to examine the parts of myself that I don't like and want to change. One of the most difficult parts of this workshop has been finding answers to questions about myself that I have been trying to avoid. It's hard admitting to myself that not only am I part of the reason that I'm not happy with things in my life, but I also need to do things that I find uncomfortable in order to change. I am looking forward to having conversations about what I've learned and why it's important with the people in my life. If I'm going to actually follow through on what I am letting go and what I want to develop in myself, I am also going to need to take about it with the important people in my life. I know that I have to complete these controls, but I feel better prepared now.

Anonymous Winnipeg, MB

If not for this workshop, I would have never made the connections and links of events in my life that I have now. Everything is related and our story informs how we live our lives. Being free from the “concept of me” and able to explore what my spirit might encompass and contribute is exhilarating. There is a great sense of peace in knowing I have never had any “control” at all – all I can do is focus on me and what I put forward. “I am not my story” is a powerful and lifechanging phrase I will carry with me. I am thankful for the patience, care and time the teachers have shown our group.

Anonymous Winnipeg, MB

This workshop was a powerful journey in addressing the root causes of the conflict and turmoil of one’s life. The facilitators created a safe and empowering atmosphere to share and connect and did a great job connecting the activities to the reconciliation process. I feel I was given concrete tools that I can use in my life moving forward.

Anonymous Winnipeg, MB

It helps me realize that I should be more gentle to myself! This workshop helps me to be more confident in my decision making. It has given me a clear path on where I should be, and where I should go. It helps me to be aware of the “concept of you” vis-à-vis the “concept of creation”

Estella Gadian Winnipeg, MB

The non-Indigenous Returning to Spirit workshop has made what feels like a big difference in my life. I am so excited to go out into the world with the tools and what we have learned over the last four days with a renewed sense of optimism, lightness of heart, and hope. It is wonderful to know that I no longer have to carry the weighty burden of my own interpretations, and feelings of loss. If I find myself blaming or in anger, I can recognize what that’s really about. I am grateful, too, because I feel equipped with enough of a vision, and enough cleared space within myself to engage with the next step – conversations of reconciliation. Thank you!

Margaret Eve MacKinnon Winnipeg, MB

It has given me four days to focus on the heart, rather than the head which I’m more accustomed to. It has somewhat enlarged my comfort zone and given me new things to think about and work on.

Anonymous Winnipeg, MB