

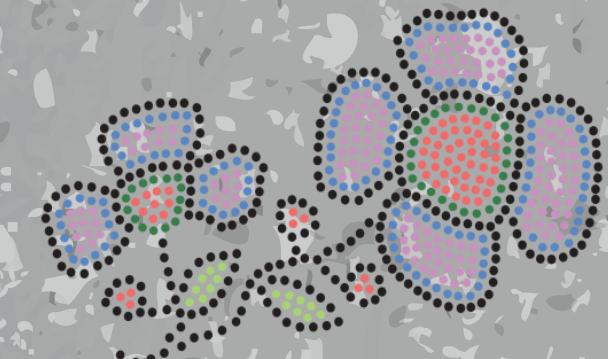
A JOURNEY AROUND THE MEDICINE WHEEL: HOLISTIC HEALTH & WELLNESS

A Virtual Presentation Series

With

EARL LAMBERT

Sharing Truth: **Sharing Solutions**

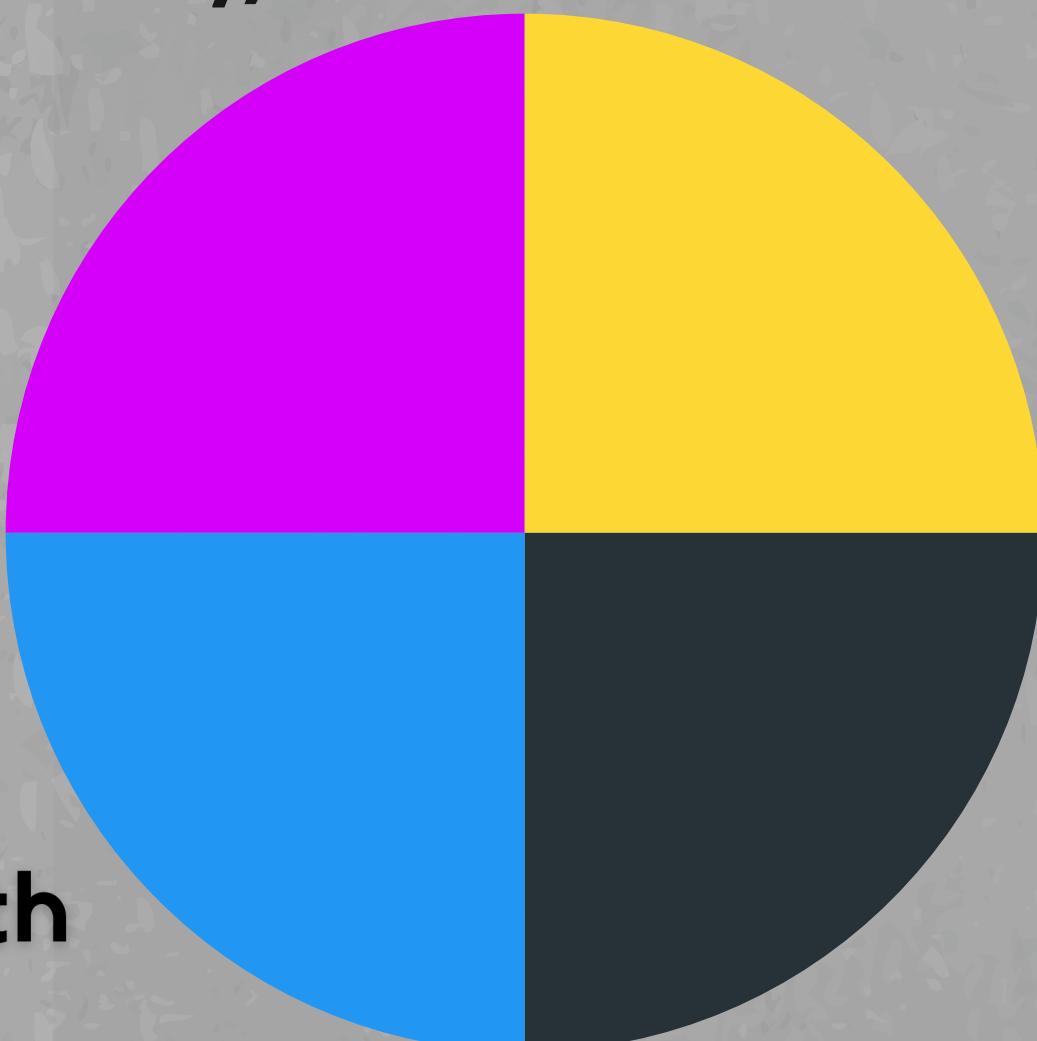


GRAND COUNCIL TREATY #3
HEALTH COUNCIL

MOTIVATIONAL SPEAKER AND INSPIRATIONAL STORYTELLER



"Through a series of 12 virtual Zoom presentations, with some Magic, Music & Humour" participants will embark upon a journey around the Medicine Wheel, In which they will learn ways they can honor themselves as a whole - physically, mentally, emotionally, and spiritually - to create a recipe for living a healthy, balanced and successful life



Inviting all 14+ Treaty #3 Youth

**February 16 - April 2 | Every Wednesday & Saturday,
5.00-7.30pm**

**Please send completed registration forms to:
Johnpaul.george@treaty3.ca**

Registration Deadline: February 10, 2022

**WIN
LOTS OF
PRIZES!**

EARL LAMBERT



GRAND COUNCIL
TREATY #3
THE GOVERNMENT OF THE ANISHINAABE NATION IN TREATY #3

MOTIVATIONAL SPEAKER & INSPIRATIONAL STORYTELLER



Earl Lambert is a Cree/Métis Warrior who continues to live out his passion as a motivational speaker and inspirational storyteller! His dynamic and entertaining way of combining music, magic, hip-hop, humor and uplifting energizers with inspirational life-lessons has made him popular with First Nations and organizations across Canada.



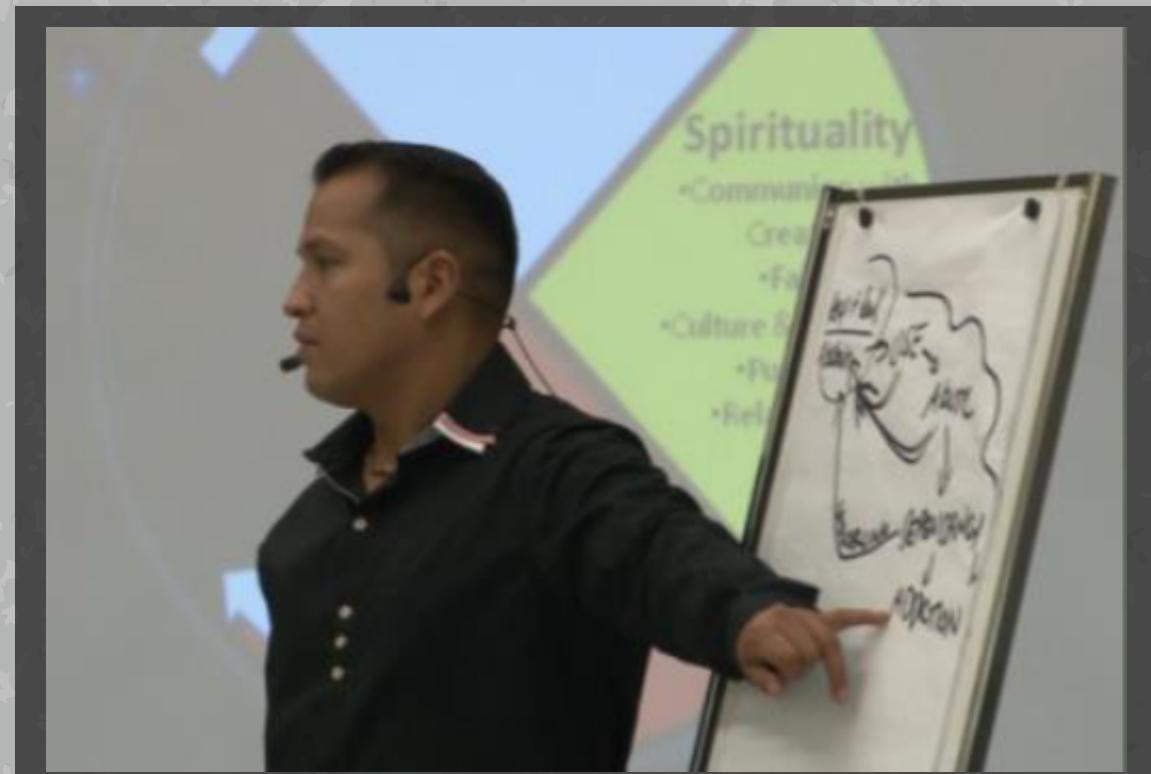
Earl's a certified Life-Coach who attended the University of Northern British Columbia, where he majored in General Business with a double minor in First Nations studies and Political Science. A successful entrepreneur, he is currently the CEO and President of 3 companies; Warrior Spirit Productions Ltd., WSP Property Investments and lastly, PROUD TO BE Apparel, an increasingly popular clothing line that continues to sell in several countries across the world. He's worked as an Executive Director of a First Nations non-profit organization providing educational, cultural and recreational support to families. He's also been employed as an Advocate and Fundraiser for the homeless, a College Instructor in Marketing, a Life-Skills, Business and Employment Facilitator, an HIV/AIDS Educator and lastly, a Programs Developer for a Métis Child & Family services organization.

He lives with a great sense of pride as a warrior walking upon the Red Road, where he continues to gain strength from the spiritual teachings of his elders. Earl's well-known for not only his powerfully upbeat energy, but for his positive and optimistic outlook on life. Driven by his passion to motivate others toward making positive life choices and living out their dreams, he remains committed to inspiring others with the gift of his words!



HOLISTIC HEALTH & WELLNESS: A JOURNEY AROUND THE MEDICINE WHEEL

Through a series of 12 virtual Zoom presentations, participants will embark upon an intriguing journey around the Medicine Wheel, which has been used by many First Nations as a catalyst for sharing rich cultural teachings and passing on vibrant creation stories. All of the teachings include important life lessons which promote respectful relations with the self and others, while another aspect illustrates a holistic model for individual health and wellness.



In each virtual session, participants will learn ways they can honor themselves as a whole - physically, mentally, emotionally and spiritually - to create a recipe for living a healthy, balanced and successful life.

. Each virtual presentation will be 2.5 hours in length. Participants will be responsible for completing some tasks and challenges after various sessions. Sessions will include music, humour, energizers and magic as a means of making the virtuals more entertaining. Topics covered over the course of the 12-week program will include, but will not be limited to, the following:

- **Positive Communication Skills**
- **Confidence & Self Esteem**
- **Leadership**
- **Addictions**
- **Indigenous History (With assistance of Local Elders & Knowledge Keepers)**
- **Grief & Loss**
- **Healthy Sexuality**
- **The Power of Education**
- **Physical Health & Well-Being**
- **Emotional Wellness**
- **Life Planning & Goal Setting**
- **Spirituality**

Once the program is completed, an honoring ceremony will be held to acknowledge the achievements of the graduates. Here they will be presented with graduation certificates that will display both the Warrior Spirit Productions Ltd. and your Grand Council Treaty#3 logos. and exciting prizes.



VIRTUAL SESSION DATES:

February:

16th

19th

23rd

26th

March:

2nd

5th

16th

19th

23rd

26th

30th

April:

2nd

All sessions are from 5:00 PM - 7:30 PM (CST) on
Wednesdays and Saturdays ONLY

Please send completed registration forms to:
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