



First Nations Women's Leadership Program Overview 2025

1 Day Workshop Series - "The Next Generation – Strength, Vision, Legacy"

Program Overview

The First Nations Women's Leadership Program empowers young First Nations women (ages 16-30) to recognise and harness their inherent knowledge and leadership abilities through a series of immersive one-day workshops. These workshops foster connections, inspire self-advocacy, promote cultural strengths, and encourage participants to become strong leaders in their communities.

This project is driven by community feedback and aims to create a collaborative, inclusive environment where participants actively shape the program's development. Operating as a statewide initiative, it is supported by a First Nations-specific advisory board and ongoing input from the community and its participants.

The primary goal of the First Nations Women's Leadership Program is to empower young First Nations women with lived or generational experiences of family domestic violence, intergenerational trauma and/or homelessness.

The First Nations Women's Leadership Program is designed by and for First Nations women.

We are currently seeking to build partnerships with relevant organisations to expand the program's reach and impact.

All our workshops are culturally, and trauma informed, and participants have access to support during and after the workshop if required. However, all workshops take a lighter approach with the idea that if young women would like to more deeply engage in the program, they can opt to join our mentoring program as a participant.

Topic	Time	Facilitator	Details of Topic/Activity	Purpose
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Welcome	10am (5 mins)	Kristen	<ul style="list-style-type: none"> • Welcome participants into the space, cuppa, participants greet each other. • Participant registrations/permissions. 	<ul style="list-style-type: none"> • Creates a safe and comfortable presence for the day.
Acknowledgment to Country Program and workshop introduction Housekeeping	10/10:30am (30 mins)	Kristen	<ul style="list-style-type: none"> • Acknowledgment of country. • Introduction to YWCA and FNWLP Program. • Outline of the day. • Housekeeping/Break times. 	<ul style="list-style-type: none"> • Gives opportunity to prepare and encourage group participants into the space and introduces the topics and activities for the day.
Group meditation; Group agreement (Ngubiji Ngubiji) activity	10/10:30am 40 minutes (Includes discussion time)	Kristen	<ul style="list-style-type: none"> • Group meditation by Uncle Jack Charles (10 mins) • Ancestor cards, each person chooses a card around the circle, group share. (5 mins) • “Ngubiji Ngubiji” Group Agreement Activity + participant introductions (15 mins) 	<ul style="list-style-type: none"> • Establishes connection between the facilitator and the participants. • Facilitates deeper connection between group participants. • Promotes connection and spiritual awareness of surroundings and physical body. • Encourages group discussion and agreement for participants on how to create a safe and positive

				<p>group experience for self and others.</p> <ul style="list-style-type: none"> • Promotes co-facilitation amongst group participants. • Acknowledgment and agreement to adhere to group boundaries and individual considerations.
"Pair it Up!"	20 minutes	Kristen	<ul style="list-style-type: none"> • Facilitator and group participants pair with other participants and introduce themselves, writing down three things about each other in their notebook • Group share, each participant introduces each other to the group. 	<ul style="list-style-type: none"> • Provides a warm introduction to other group participants and promotes group engagement. • Supports participants to get to know each other.
"Talking Up Our Strengths"	30 mins	Kristen	<ul style="list-style-type: none"> • Participants choose their strengths cards and shares within the group theirs and their family's strengths and why they chose those cards. 	<ul style="list-style-type: none"> • Identifies individual strengths. • Identifies family strengths. • Identifies cultural strengths. • Promotes storytelling and empowering voices.

Lunch Break				
"Why are your Values SO VALUABLE?"	30 mins	Kristen	<ul style="list-style-type: none"> • Introduction to the importance of values. • Participants work through the values worksheet identifying individual values, their family values, and their cultural values. Participants are then given some reflection questions to journal in their notebook. 	<ul style="list-style-type: none"> • Introduction to values. • Encourages participants to identify their personal values. • Bridges the gap between an individual's value and their current environment. • Explores and identifies family and cultural values. • Challenges participants to think about personal alignment to our values and how this can support our families and communities.
Break				
"Tree of Life Activity"	2 hours (depending on time)	Individual/Group	<ul style="list-style-type: none"> • Participants create their Tree of Life using preferred art mediums of large pieces of cardboard paper. • Group share at the end. 	<ul style="list-style-type: none"> • Connection to identity and culture. • non-written, visual mode of expression. • Identify support networks. • Strengths based project highlights skills, values, and achievements. • Identify dreams and goals.

				<ul style="list-style-type: none"> • Separates self from external issues “storms of life”
“Yarning Circle”	10 Mins	Kristen	<ul style="list-style-type: none"> • Participants share the stories of their Tree of Life (if they want to). • Participants share their takeaways for the day. 	<ul style="list-style-type: none"> • Encourages speaking up. • Promotes positive vulnerability. • Promotes building confidence. • Promotes self-belief and empowerment.
Check out/Feedback	15 mins	Kristen	<ul style="list-style-type: none"> • Each participant shares one feeling word of how they are feeling at the end of the workshop. • Participants fill out feedback forms. 	<ul style="list-style-type: none"> • Encourages speaking up. • Promotes positive vulnerability. • Promotes building confidence. • Promotes self-belief and empowerment.
End of Workshop				