Working in Good Ways

Practitioner Workbook

Prepared by Nicki Ferland, Anny Chen, Gerardo Villagrán Becerra, and Mackenzie Guillou-Cormier

Community Engaged Learning University of Manitoba







Introduction

The practitioner workbook is a companion resource to the Working in Good Ways framework guide.

The workbook is designed to help people who work with Indigenous communities reflect on and engage with the principles and practices described in the framework. Here, you'll find the collection of learning exercises suggested at the end of each principle chapter.

The workbook includes a syllabus, reflection worksheets, and other resources for building your own self-awareness and literacy in Indigenous content, as well as mapping exercises and other practical tools to enhance your partnerships.

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General Literacy in Indigenous Content

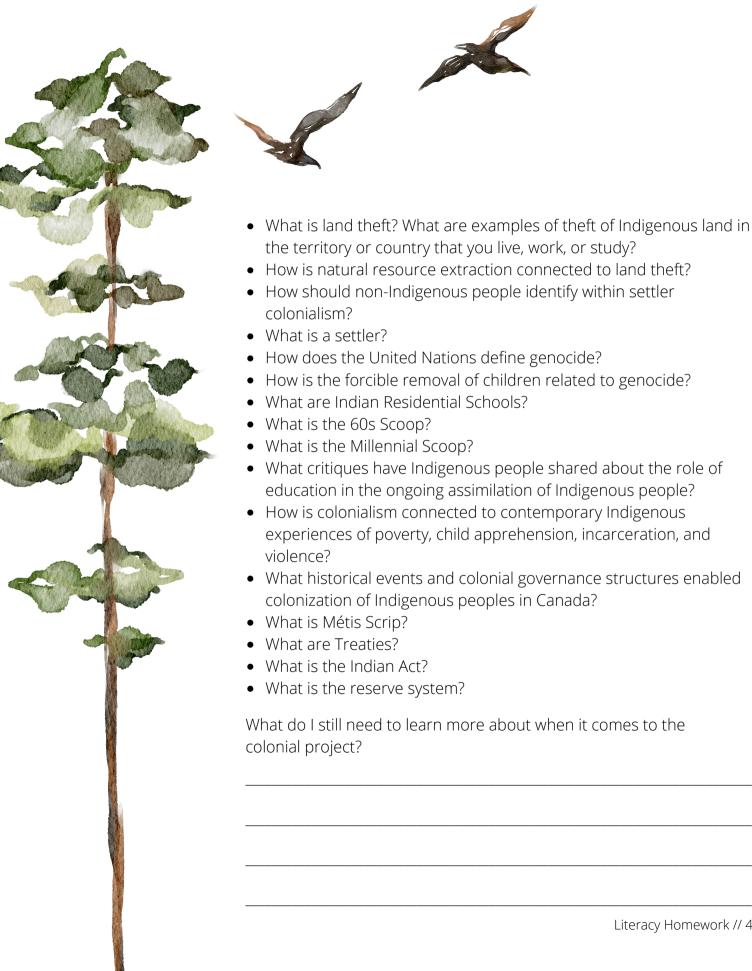
In the consultations, Indigenous community partners and community engaged learning practitioners outlined the minimum learning objectives when we are beginning to develop our literacy in Indigenous content.

The questions below are a starting place for developing your literacy. Could you engage knowledgeably and compassionately on these topics with an Indigenous community partner or member?

Assess your learning in these areas and spend time researching, learning, and engaging with the questions or areas with which you are less familiar.

The Colonial Project

- What is colonialism? What is the colonial project?
- How have universities played a role in the colonial project?
 - What is knowledge extraction and cultural appropriation? How do they continue to play a role in university-community partnerships?
 - What reparations should universities be making?
- Why do people talk about ongoing colonialism when colonization happened in the past?
- Why did the Europeans invade Indigenous lands in the Americas how did they benefit?
- How are capitalism, white supremacy and patriarchy related to colonialism?
- What is the relationship between slavery and the colonization of the Americas?







Indigenous Governance

- What are some common colonial governance structures?
 - What is Chief and Council?
- What are some examples of Indigenous governance structures?
 - Who are Hereditary Chiefs?
 - What are Elders' Councils?
 - What is Matriarchy?
 - What is consensus decision-making?
- Who are the representative Indigenous bodies in Manitoba and Canada?
 - E.g., Dakota Ojibwe Tribal Council, Manitoba Metis Federation, Inuit Tapiriit Kanatami
- What is Indigenous sovereignty? What is self-determination?

What do I still need to learn more about when it comes to

- What are modern-day treaties?
- What are urban reserves?
- What is the United Nations Declaration of the Rights of Indigenous Peoples?

Indigenous governance?					





Indigenous Resistance and Resurgence

- What are some examples of cultural resistance, resurgence, and reclamation?
- What is the Royal Commission on Aboriginal Peoples? Which RCAP Recommendations are you working towards?
- What is the Truth and Reconciliation Commission? Which TRC Calls to Action are you working towards?
- What is the National Inquiry into Missing and Murdered Indigenous Women and Girls? Which MMIWG Calls for Justice are you working towards?
- What are some examples of Indigenous resistance in Winnipeg, Manitoba, and Canada?

What do I still need to learn more about when it comes to Indigenous

o E.g., Fearless R2W, Jordan's Principle, Idle No More

resistance and resurgence?	U





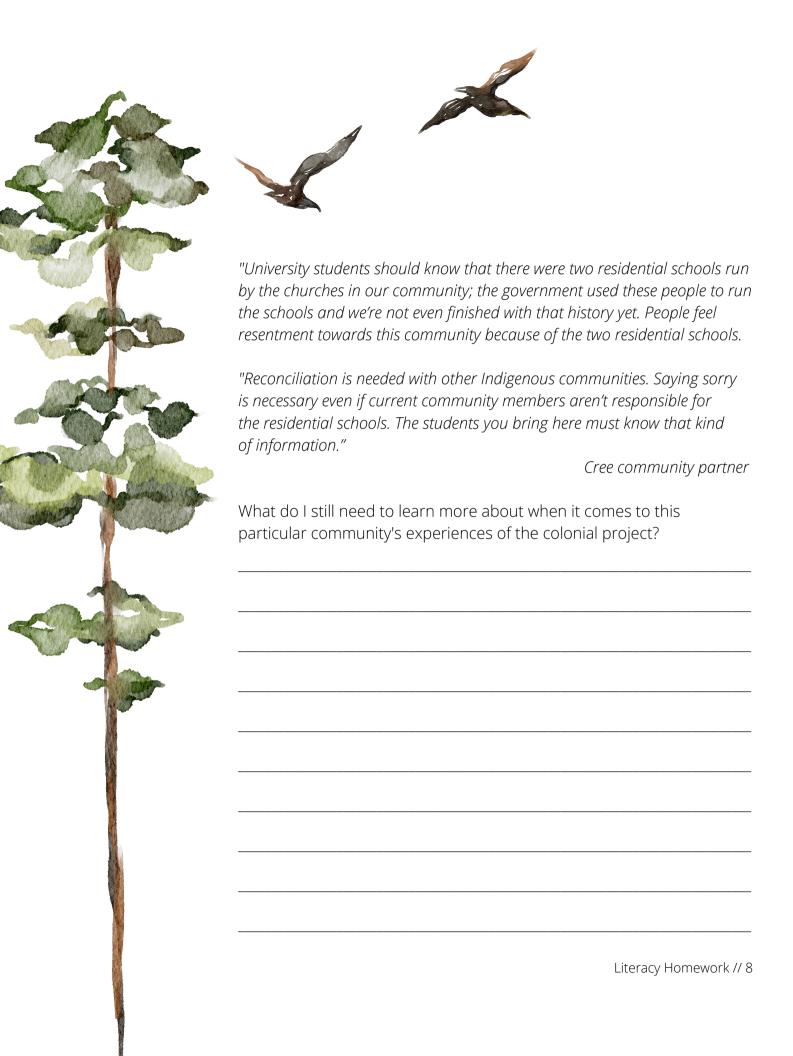
Community-Specific Literacy in Indigenous Content

In addition to developing our general literacy in Indigenous content, we need to learn about community-specific histories, cultures, and experiences, including community protocols and ways of living, relating, communicating, and working.

Assess your knowledge of the following questions for the community with whom you already work or want to work, and spend time researching, learning, and engaging with the questions or areas with which you are less familiar.

The Colonial Project

- What colonial history should you be aware of?
- What are the legacies and impacts of the colonial project in the community?
- How has the community been impacted by resource extraction and development projects such as hydroelectric plants, industrial agriculture, cottage industries, parks and conservation areas, and mining? How is the community resisting or engaging with those projects?
- Does the community have past experiences working with the University of Manitoba and other postsecondary institutions? Have these experiences been positive or negative?



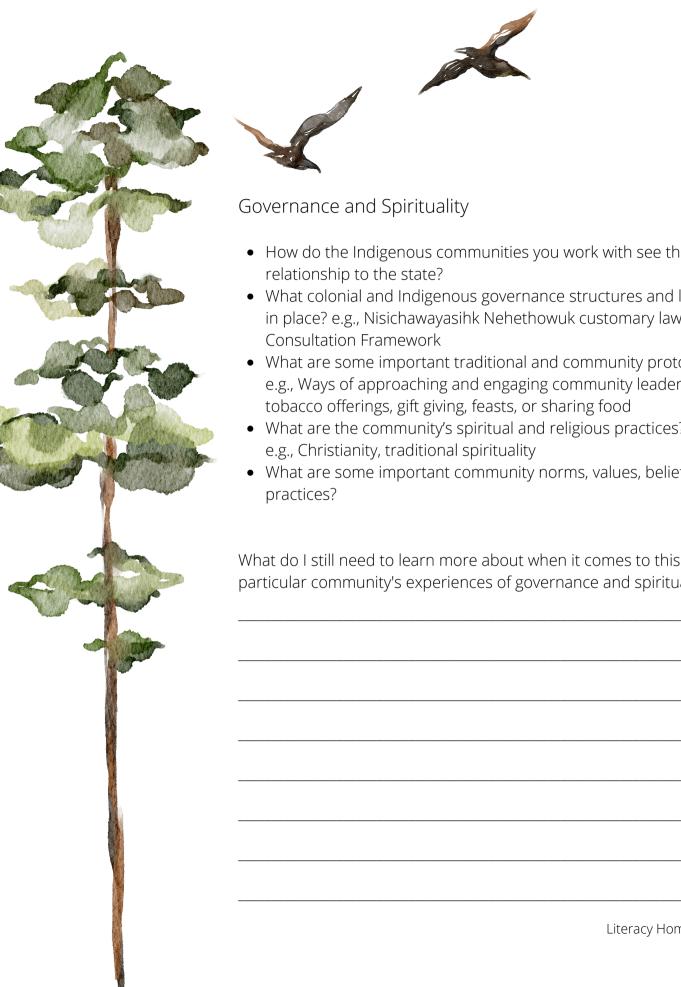




Resistance and Resurgence

- What are some examples of historical and present-day resistance, resurgence, and reclamation in the community?
- What are Indigenous communities fighting for in the territory where you work?

What do I still need to learn more about when it comes to this particular community's experiences of resistance and resurgence?		





Governance and Spirituality

- How do the Indigenous communities you work with see their relationship to the state?
- What colonial and Indigenous governance structures and laws are in place? e.g., Nisichawayasihk Nehethowuk customary law, Maya Consultation Framework
- What are some important traditional and community protocols? e.g., Ways of approaching and engaging community leaders, tobacco offerings, gift giving, feasts, or sharing food
- What are the community's spiritual and religious practices? e.g., Christianity, traditional spirituality
- What are some important community norms, values, beliefs, and practices?

particular community's experiences of governance and spirituality?







Community Life

- How do people work and communicate with each other?
- What languages are spoken in the community?
- What times of the year does the community engage in ceremony, celebration and harvesting (trapping, fishing, medicines, other)?
- Where do food, water and other basic supplies come from?
- What is the community's general cost of living?
- How do members meet these costs (major income sources, cost of water, food, heating, electricity, phone, Internet, other)?

"It's quite different. Needing to understand why we live with our adult children; we don't kick out our 18-year-olds when they turn 18. Some are staying with their parents because of housing issues and jobs and the limited resources we have."

Cree community partner

What do I still need to learn more about when it comes to community life?	





Modified and expanded for the Canadian context by Dr. Cary Miller, Department Head, Native Studies, University of Manitoba. Inspired by <u>"Unpacking the Invisible Knapsack of Settler Privilege" by Dina Gilio-Whitaker.</u>

Settler colonial privilege is a form of privilege experienced by settlers and migrants who do not have ancestral connections to Indigenous peoples in Canada, yet benefit from genocide and land theft through our ability to live and work on dispossessed Indigenous lands.

Recognizing and reflecting on our privilege and complicity are necessary steps towards challenging and dismantling the settler colonial systems that continue to oppress Indigenous peoples for the benefit of settler colonial society. If any of the following statements apply to you, you have some degree of unearned settler colonial privilege or complicity in settler colonialism to confront and work through.

- 1. I have running water in my house and can expect that when I turn on the tap water, it is safe to drink and bathe in.
- 2. When my house needs repairs, materials to do so are readily available and inexpensive to acquire and qualified contractors with the necessary expertise live in my community.
- 3. I don't have to be concerned that the places where I express my religion or spirituality at the University of Manitoba will be vandalized to the point that they have to be closed for repair.
- 4. I have regular access to inexpensive, healthy foods in the neighbourhood or community where I live.



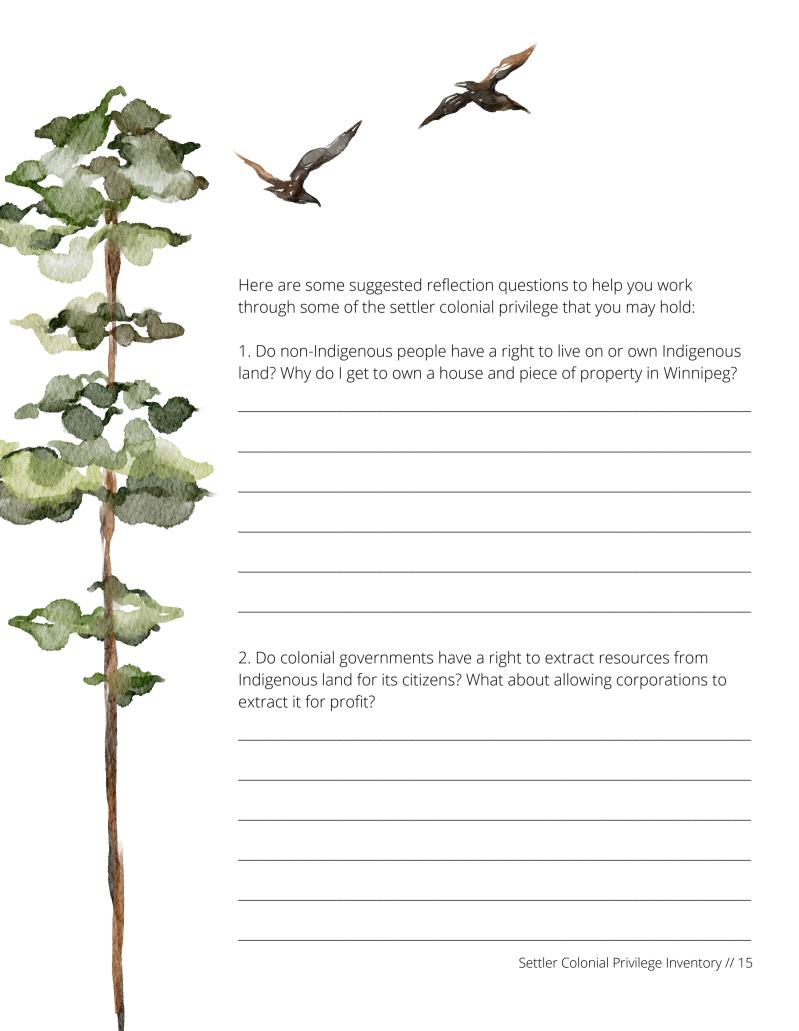


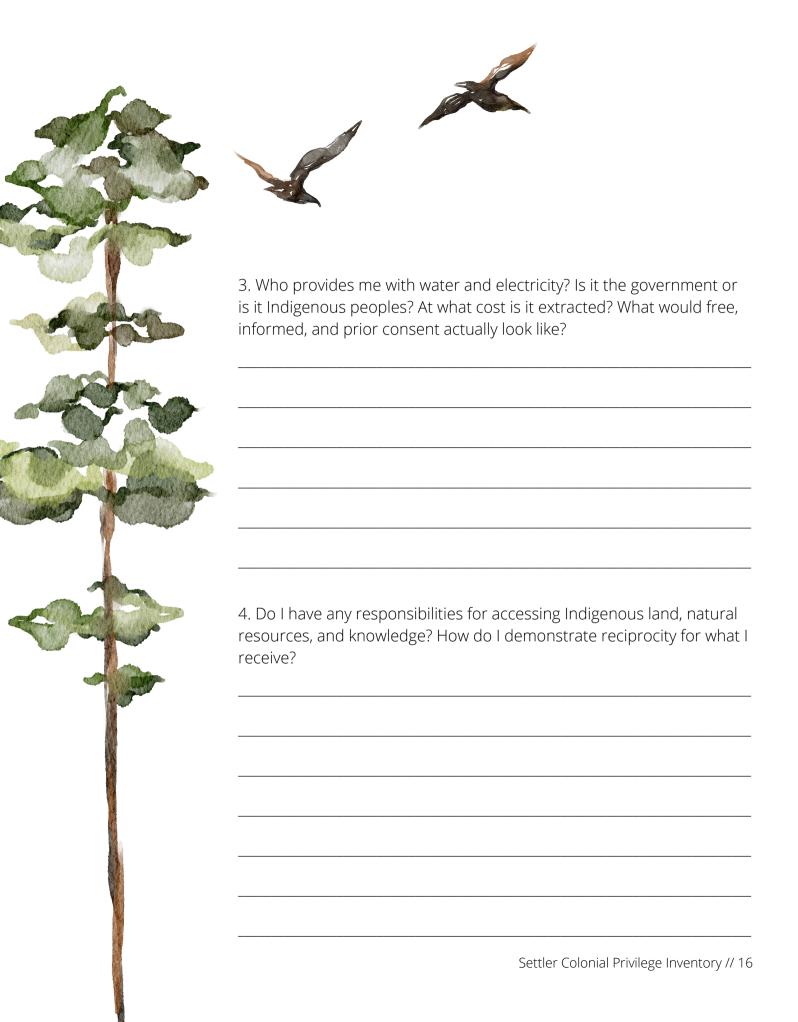
- 5. I can easily travel outside my community using a variety of means of transportation, some of which are inexpensive.
- 6. I live near healthcare providers and specialists who can provide routine, specialized, and emergency healthcare.
- 7. My children benefit from K-12 education funding equivalent to or greater than other children in my province.
- 8. I can find employment in the profession for which I have been trained in order to support myself and my family.
- 9. I was not raised in foster care.
- 10. I do not fear that Child and Family Services will arbitrarily take my child away based on things I did in the past or because I bring them to the emergency room.
- 11. Neither I nor anyone in my family was raised in a Residential School.
- 12. I can reasonably expect that if my daughter, sister, auntie, mother, or niece goes missing, it will be prioritized and fully investigated by law enforcement.
- 13. I can go shopping without being denied entry to the store or followed closely by staff or security.
- 14. I can come to work at the University of Manitoba without being concerned that campus police may detain me because they don't think I look like I belong here.

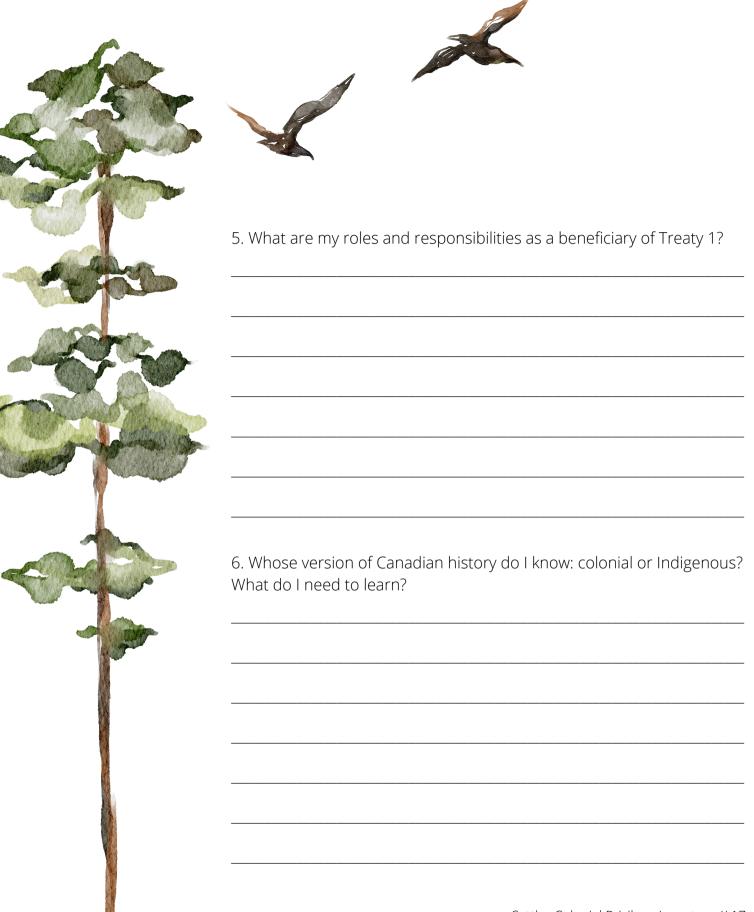




- 15. No teacher or guidance counsellor has ever limited my aspirations or downgraded my achievements.
- 16. I do not have to notify any University of Manitoba office in order to engage in the everyday practices of my religion, nor pay a fee or fine to do so.
- 17. I am not concerned about my group's history being accurately represented in my children's education or university curriculum.
- 18. I can see myself and my ethnic group represented in a wide variety of media and popular culture that aren't predominately stereotypes.
- 19. My community and ethnic group are usually represented in statistical findings in scholarship, studies, and reports.
- 20. I don't have to hear my group described as a "plight", "problem", or a "drain on society."
- 21. I am not subject to a separate legal system that is based on a concept of racial, cultural, and religious inferiority of my group.
- 22. I don't see myself spoken of as "savage" or other derisive terms in any University of Manitoba course.
- 23. I am not and have no ancestors who were considered "wards of the state" even though they have committed no crime.











In western and settler colonial culture, it is common to introduce ourselves in relation to our professions, education, institutions, and settler-named communities.

How do you normally introduce yourself in a professional setting?

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When we work in community settings, restricting our introductions to these talking points may have unintended impacts. Only talking about our credentials and professions creates a really narrow set of opportunities for people to relate to us, and communities may also already be distrusting of the settler systems and professions with whom we seem to be aligning.

We have a responsibility to reflect on what the community might want or need to know about us, and we need to be prepared to share more of we are outside our institutions. This might mean that we have to learn about things we have lost or don't know, examine our internalized settler colonialism and capitalism, and reconsider what it means to separate our personal and professional lives.

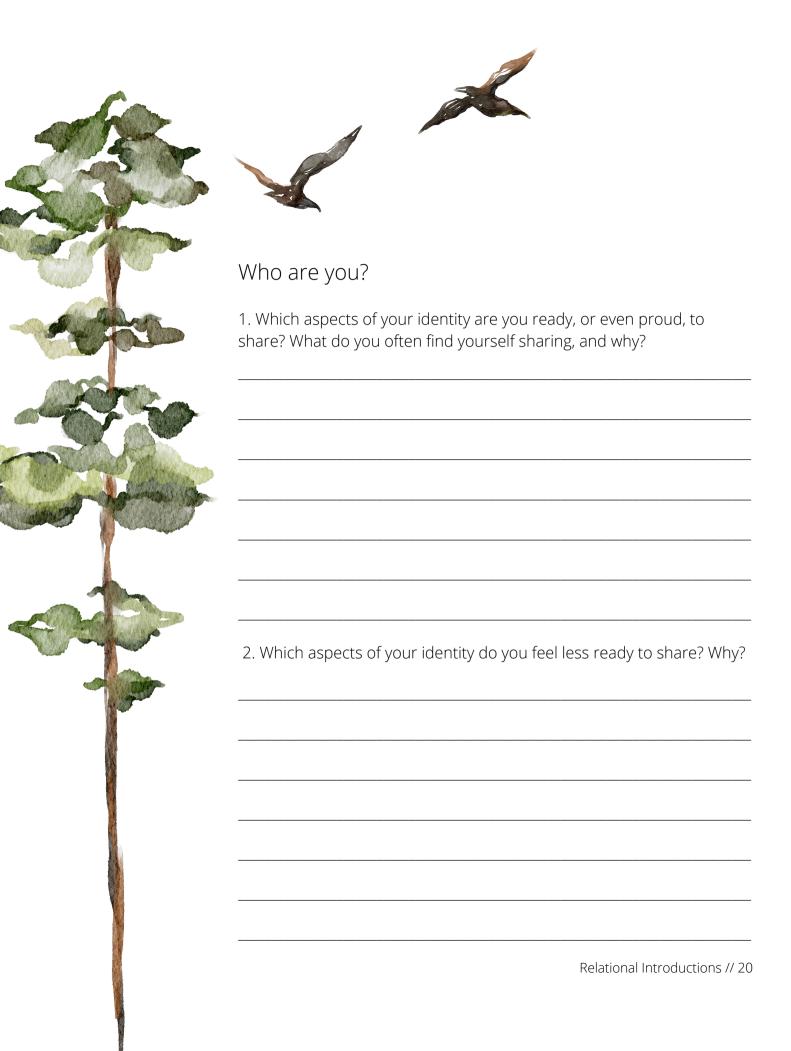


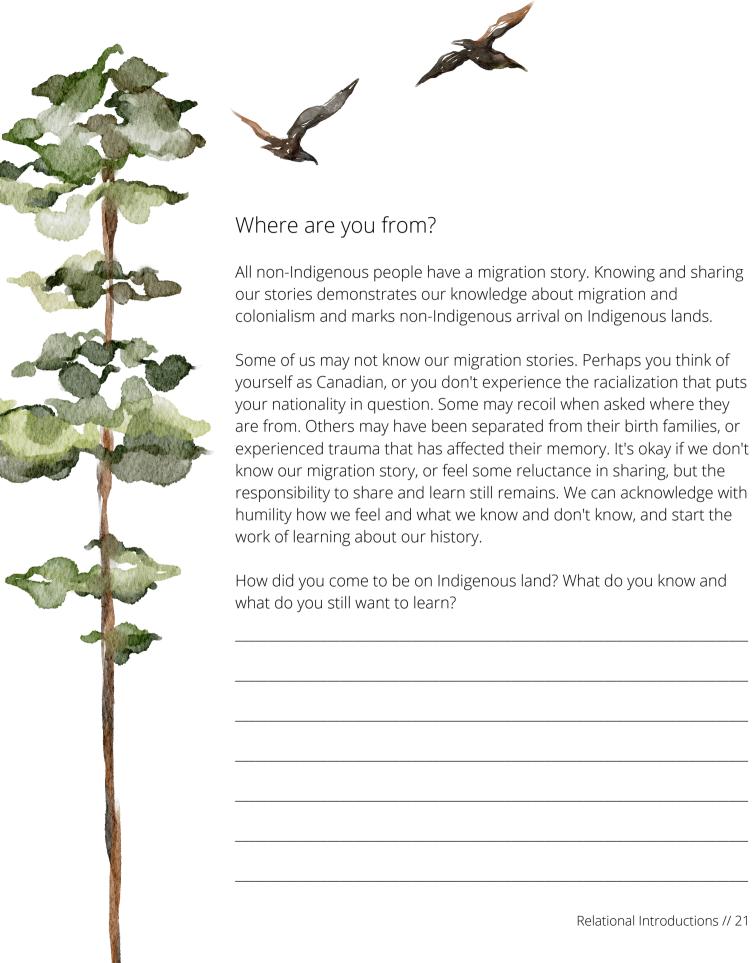
Who are you?

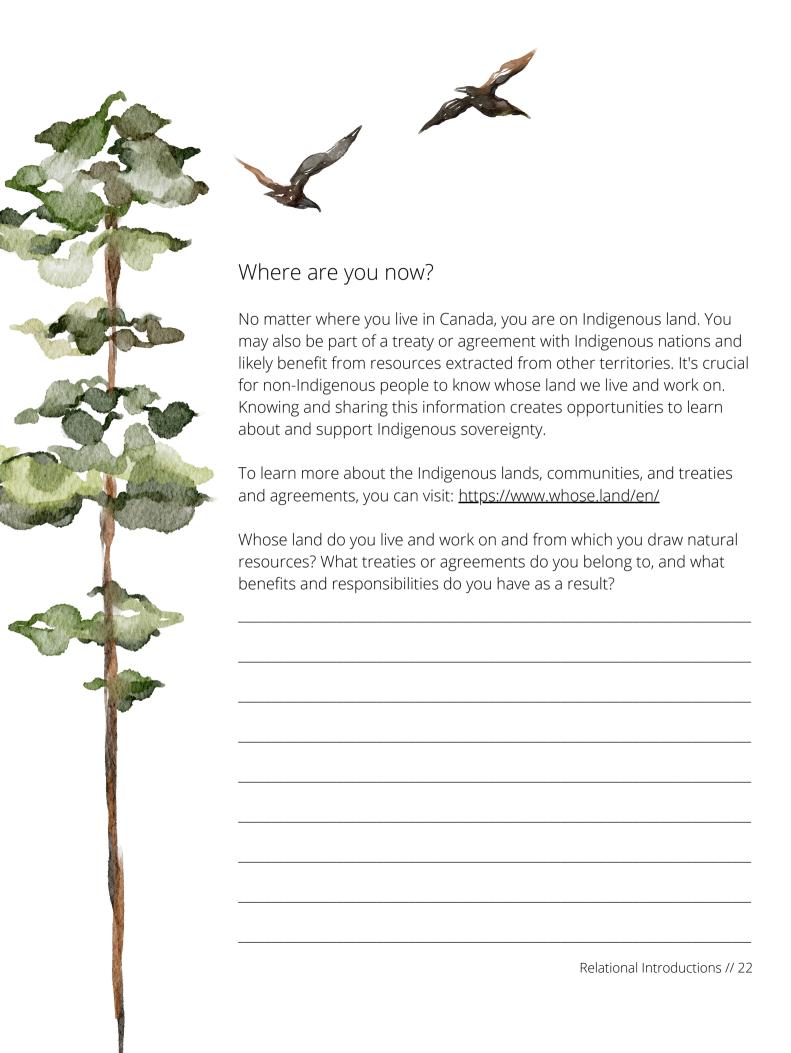
Adapted from "Circles of My Multicultural Self" by Paul C. Gorski.

Think about your social identities and experiences as a collection of dynamic, intersecting circles. Some circles feel larger, more important, while others are small or growing. Some circles may be more public, while others you keep private. All of these circles are opportunities for us to build connections and relationships with others.

In the space below, draw a collection of circles and fill in each with an important or defining aspect of your identity. In what ways do you identify in and outside of settler colonial institutions, where people could have the possibility of relating to or sharing with you?











Indigenous campus events are good opportunities to start developing relationships with Indigenous colleagues and community members. They provide an opportunity for us to show up for our colleagues, learn from each other, and create new connections, while applying the principles and practices to grow our community engagement.

There are many University of Manitoba events that celebrate Indigenous identity, cultural achievement, and scholarship, and build community through conversation, gatherings, and ceremony.

Check out the following programming and events open to non-Indigenous community members:

Indigenous Student Centre programming

- Fireside Chats
- <u>Virtual Sharing Circles</u>
- Graduation Pow Wow

Indigenous Achievement programming

- Indigenous Scholars Speaker Series
- Unsettling Ideas Book Club: Winnipeg Chapter

Native Studies courses and programming

- Fall/Winter Colloquium Series
- Summer Institute on Literacy in Indigenous content

Other Indigenous programming

• https://eventscalendar.umanitoba.ca/site/indigenous





Preparing for community engagement

You might be hesitant about attending Indigenous programming or events on campus because you don't know whether or not non-Indigenous participation is welcome or what to expect. Below, you'll find good practices for participating in campus events. Read more about each practice in the relevant chapter.

Literacy

Prepare for your campus engagement by doing some reading and research, which might include reading up on the event, presenter, and the topic. Working through the questions in the Community-Specific Literacy Homework may be helpful in feeling more informed and prepared for community engagement.

When attending Indigenous events and ceremonies, give space for Indigenous participation, which might mean sitting in the back, listening instead of speaking, and confronting your own settler colonial worldview and privileges.

Reflection

You may anticipate or experience some discomfort or frustration. Cultivate the self-awareness, resilience, and cultural humility to participate despite your own personal discomfort by engaging in self-reflection prior to attending a campus event. The Relational Introductions learning exercise may be a helpful starting point.





Relationship

Be helpful. In person, help set up, make and serve food, clean up, and stack chairs after the event. Virtually, turn on your video and show your face—it's hard to build relationships with a black screen.

Reciprocity

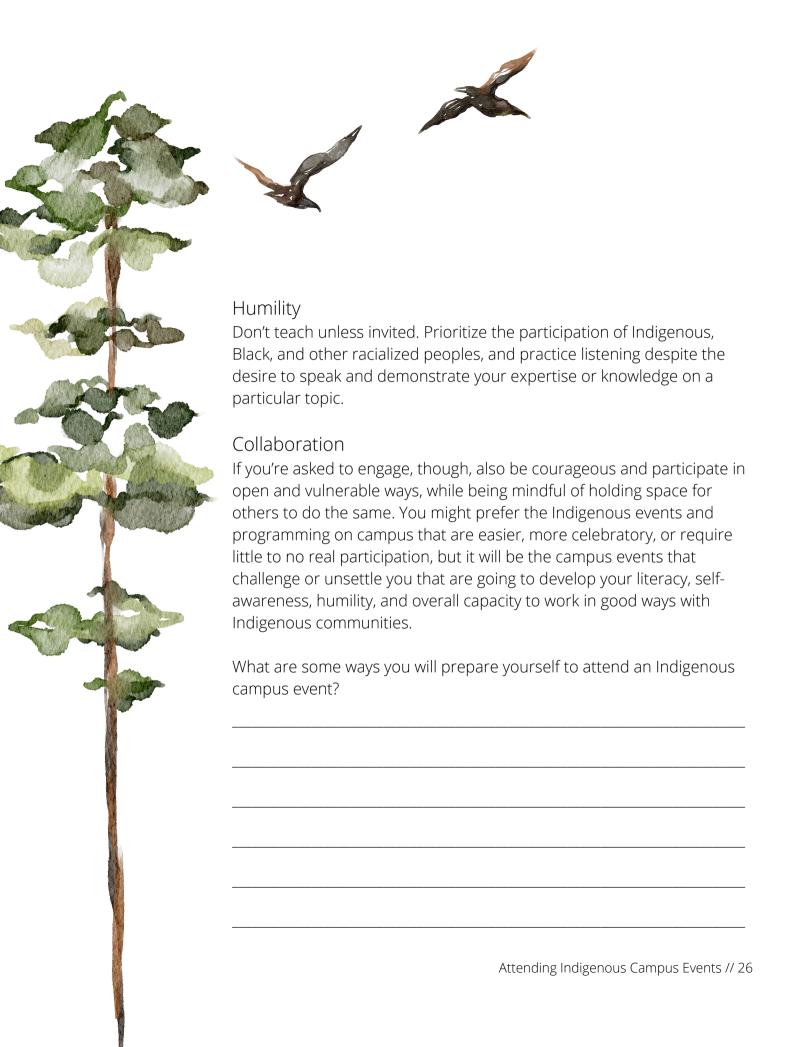
Consider what reciprocity looks like in the context of participating in oncampus Indigenous events and ceremonies. Are individuals supposed to bring tobacco, a gift, or dish? Are you supposed to (or perhaps prohibited from) sharing what you've learned and experienced with others around your dinner table, for instance, or among friends? If you don't know, ask!

Protocol

Indigenous programming and events will usually share if there are any specific expectations or protocols that you must follow to participate. It's okay to check with the event organizer if you are unsure.

Learn more about the protocols for engaging elders and planning ceremonies compiled by the University's Indigenous community here: https://umanitoba.ca/indigenous/culture-and-protocol.

It will also usually be clear if non-Indigenous participation is welcome. Look for wording that invites non-Indigenous participation, such as "Everyone is welcome." If there isn't enough space for everyone, prioritize the participation of Indigenous students, staff, faculty, and community members, and try to join another time.







Universities often fail to make a clear distinction between acts of reciprocity and required remuneration and resourcing in order for the community to host and support community engaged learning opportunities for students.

Reciprocity is a commitment to a lifelong relationship of mutual care and support. Payments and community contributions to Indigenous communities are part of the basic conditions that universities need to fulfill to begin building reciprocal relationships with Indigenous community partners.

Reflecting on your own partnerships and/or projects with Indigenous communities, use the **chart** below to identify:

- the services, knowledges, resources, and other tangible and intangible benefits that the community provides to the partnership/project;
- the payments, compensation, contributions, and acts of gratitude that the university makes to the community in exchange for their work; and
- the ways in which you and the university strive for reciprocity with the community.





If you haven't started working with an Indigenous community, here is a scenario to work with:

After a year and a half of relationship-building and working on your literacy in Indigenous content, a Mapuche community in Chile has agreed to chat about the possibility of creating a partnership around an area of intersection between your work and the goals of the community.

As a community engaged learning educator in the UM Faculty of Law, you are interested in creating a service-learning course for students to learn experientially about global experiences of Indigenous land reclamation. The community has come to trust you enough to share documents and stories about their efforts to reclaim part of their territory which the government has recently sold to Lunding Mining, a Canadian mining corporation.

The focus of this partnership agreement is a one-year international service-learning course for upper-year law students. The course would include two 2-week student visits to the community and student projects that support the community's struggle to reclaim their land.



Community	Unive	ersity	
Services, knowledges, resources, and other tangible and intangible benefits	Payments, compensation, contributions, and acts of gratitude	Acts of Reciprocity	

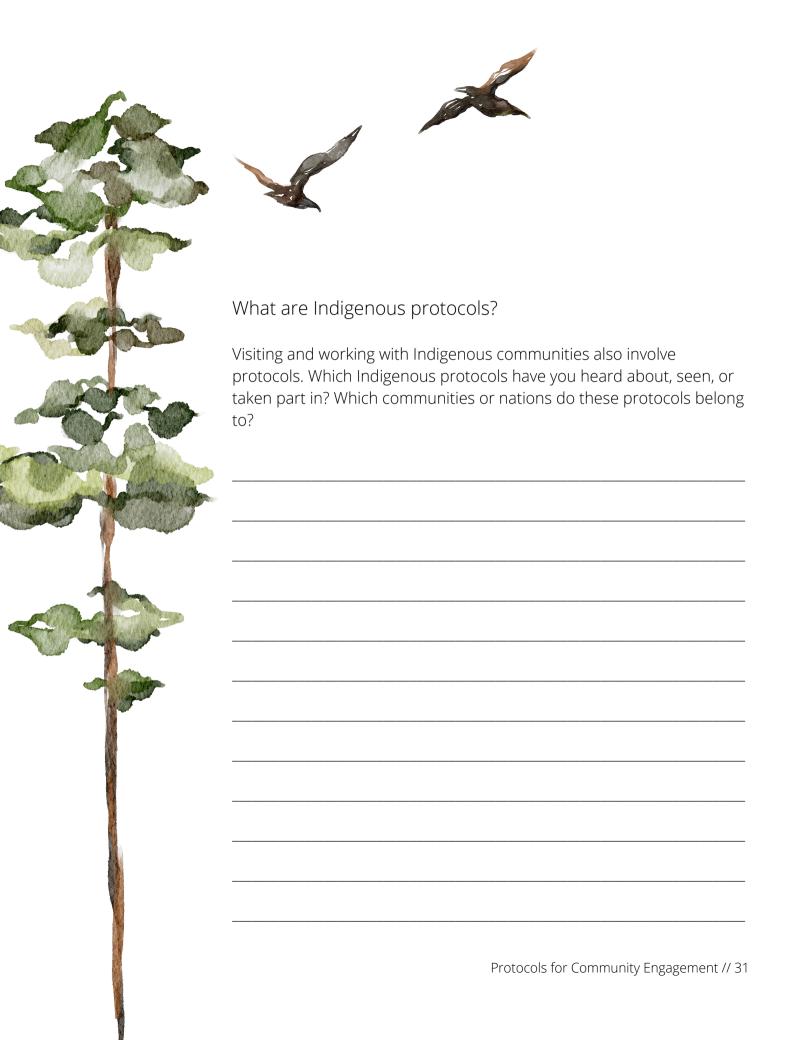


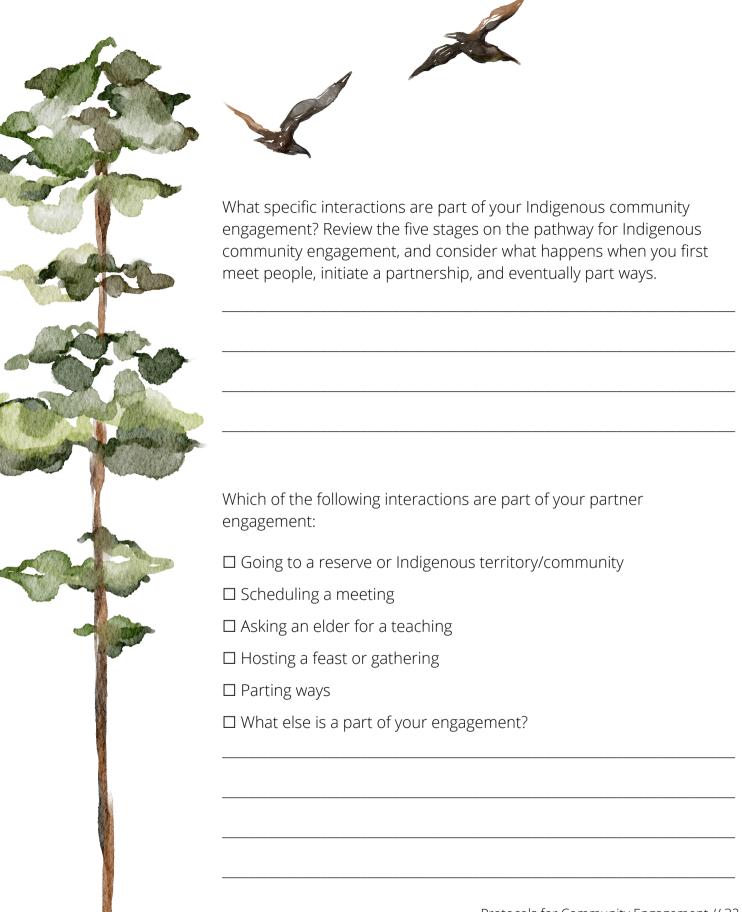


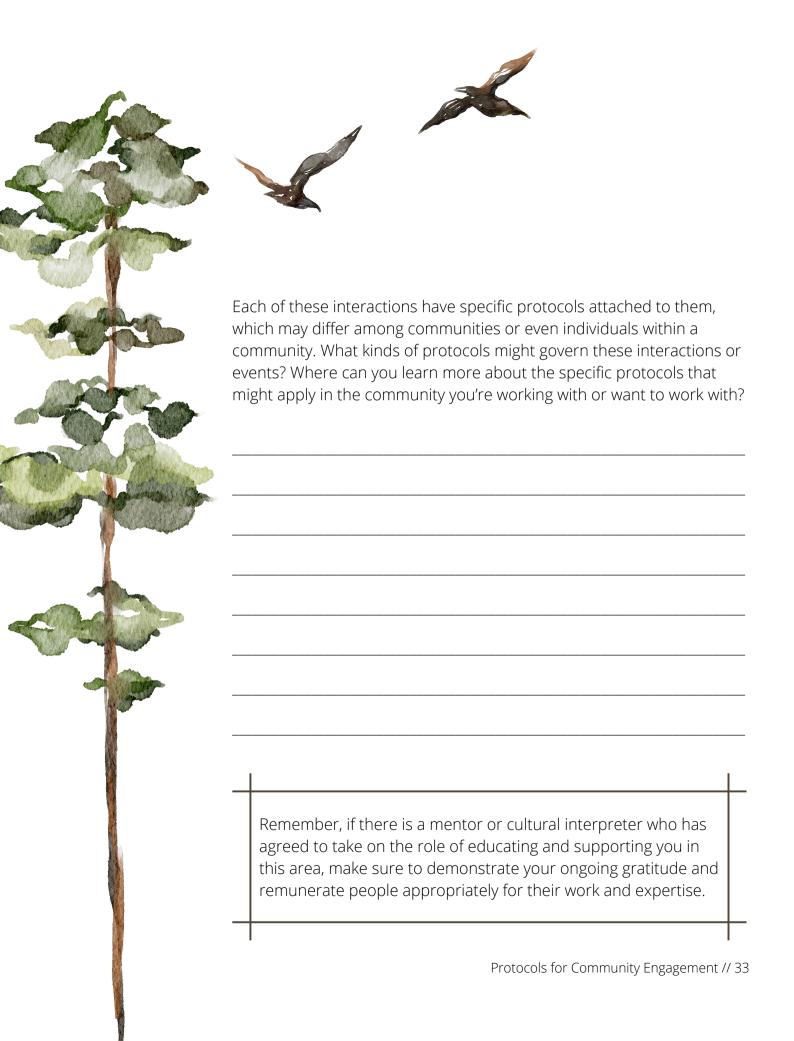
When working with Indigenous communities, we can expect that there will be important nation- and community-specific protocols that will govern interactions between Indigenous communities and universities. Even within the same community, different individuals may have personal protocols that differ from other community members.

What are protocols?

Our personal lives and workplaces are governed by specific sets of protocols. Can you think of an example of a personal or professional protocol that applies to your own home or work context? What about when you travel to another country for school or work? What is a common international protocol?









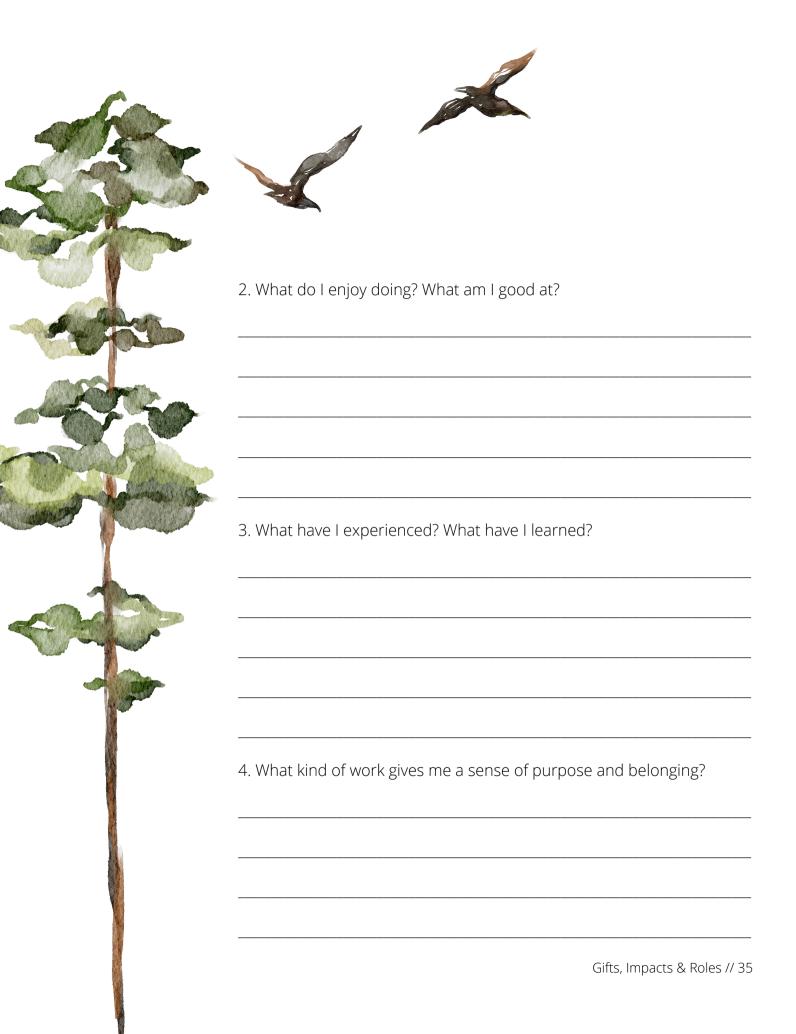


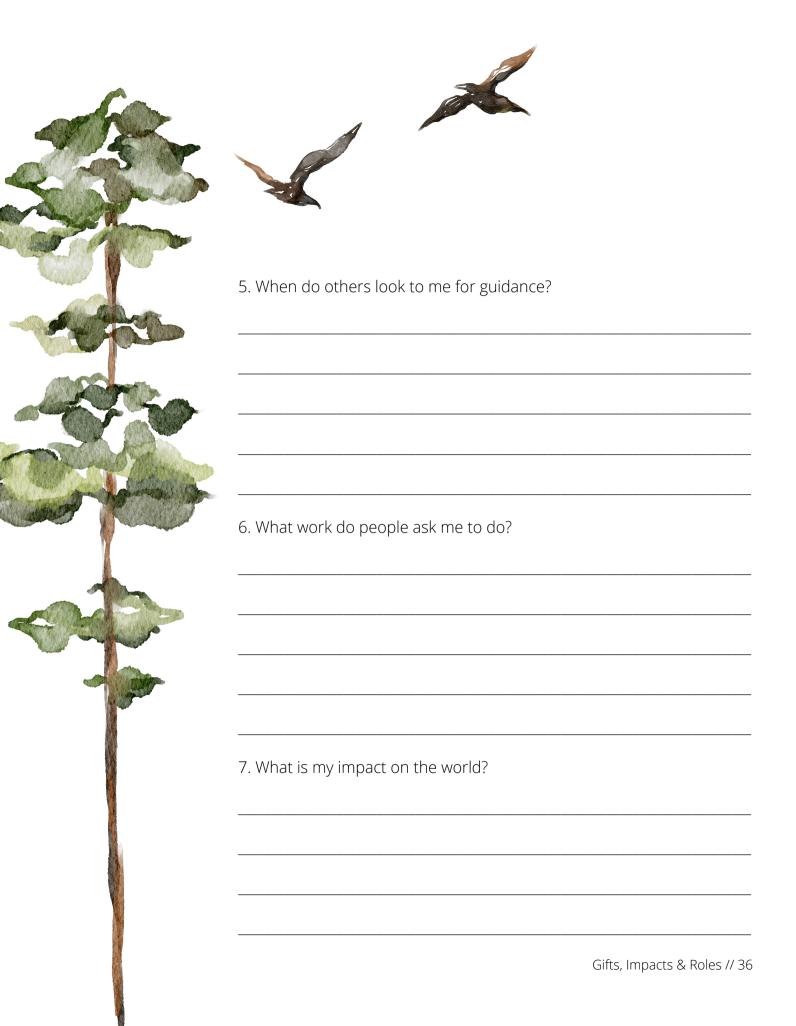
Working from a place of humility is critical when collaborating with Indigenous communities. Rather than seeing ourselves as experts or centering our needs and goals in our work with Indigenous communities, we should instead see ourselves as helpers and learners who have responsibilities to listen and support the visions of Indigenous communities and challenge white supremacy and settler colonialism in ourselves and our institutions.

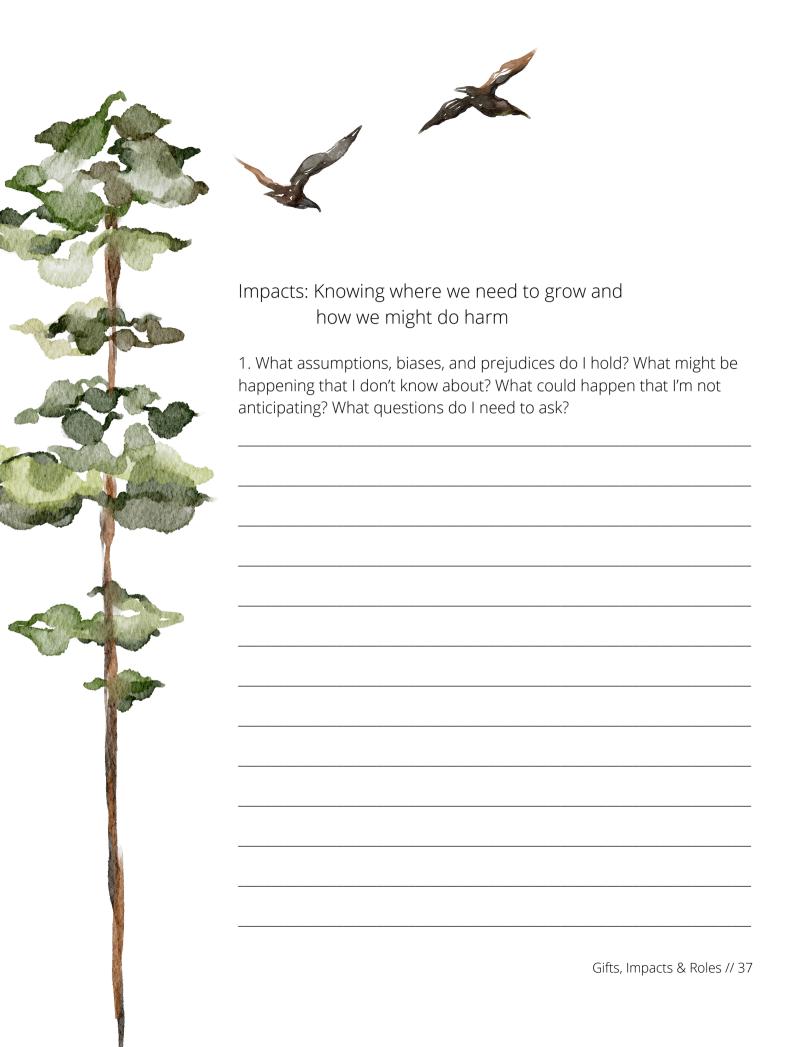
Work through the following reflection questions to create a foundation for practicing humility.

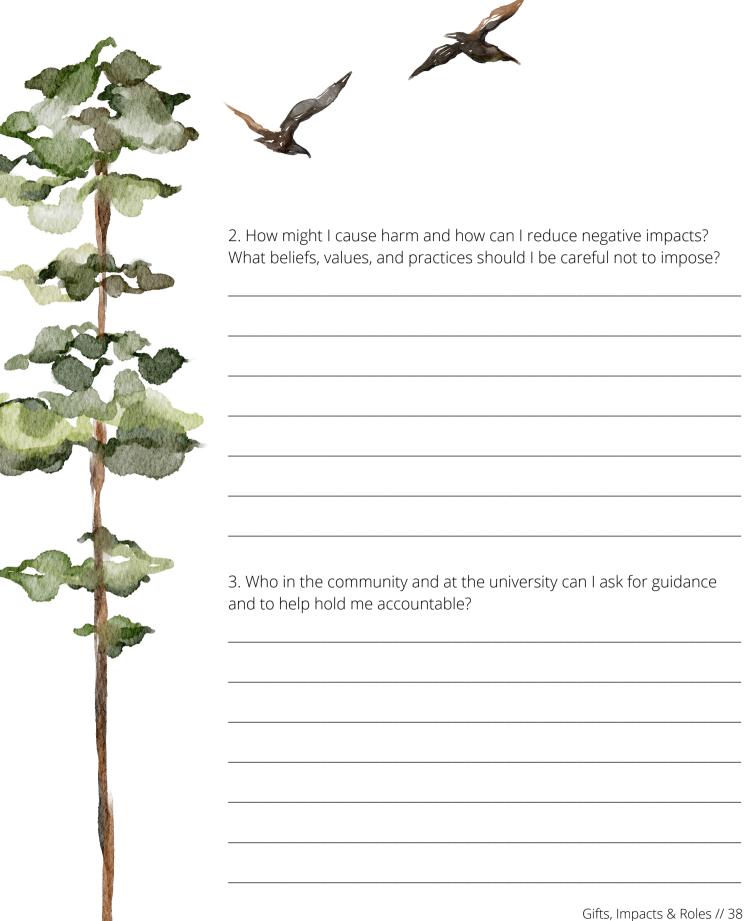
Gifts: Knowing how we can contribute

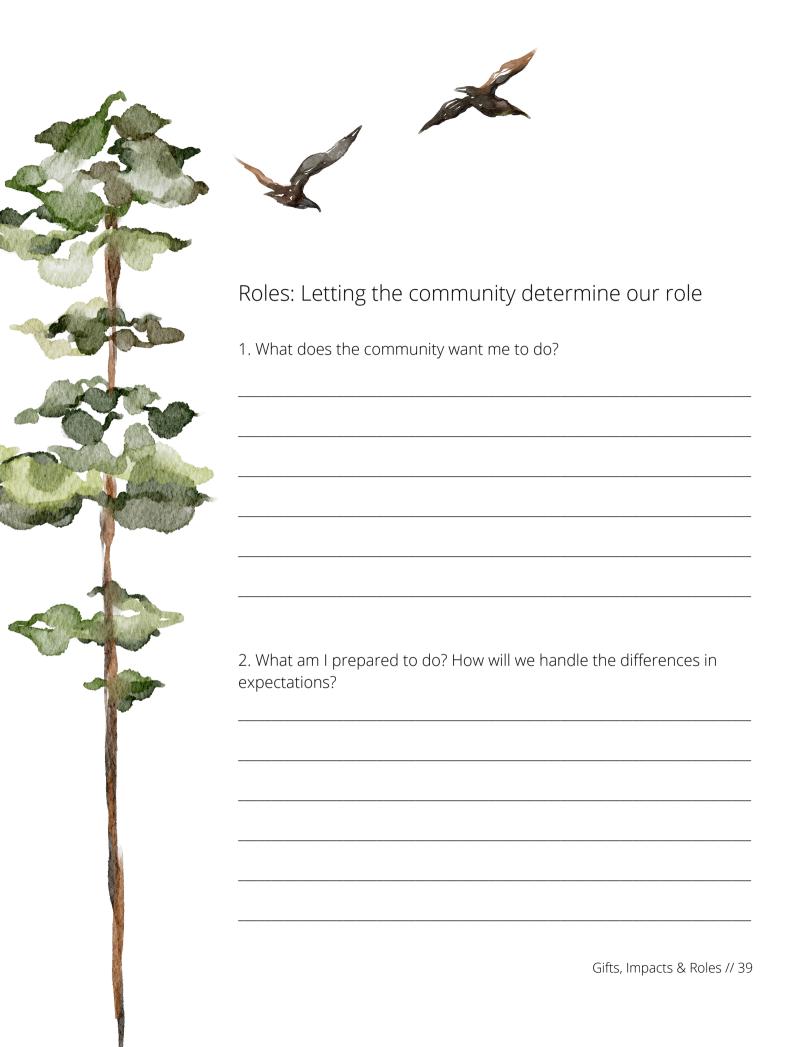
1. What are my gifts?				

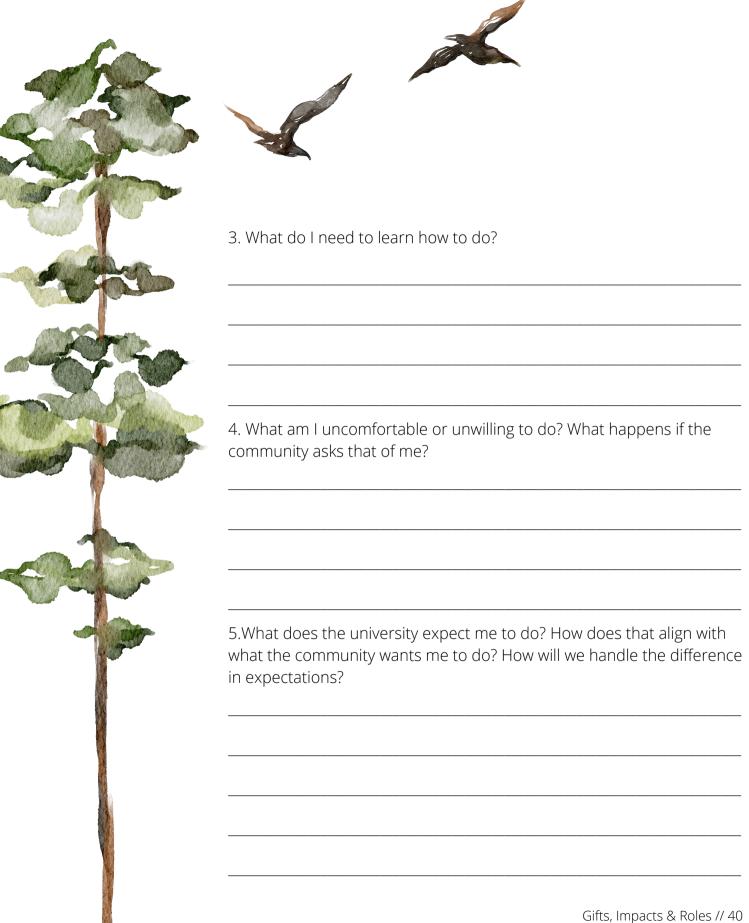














Mapping Diverse Relationships

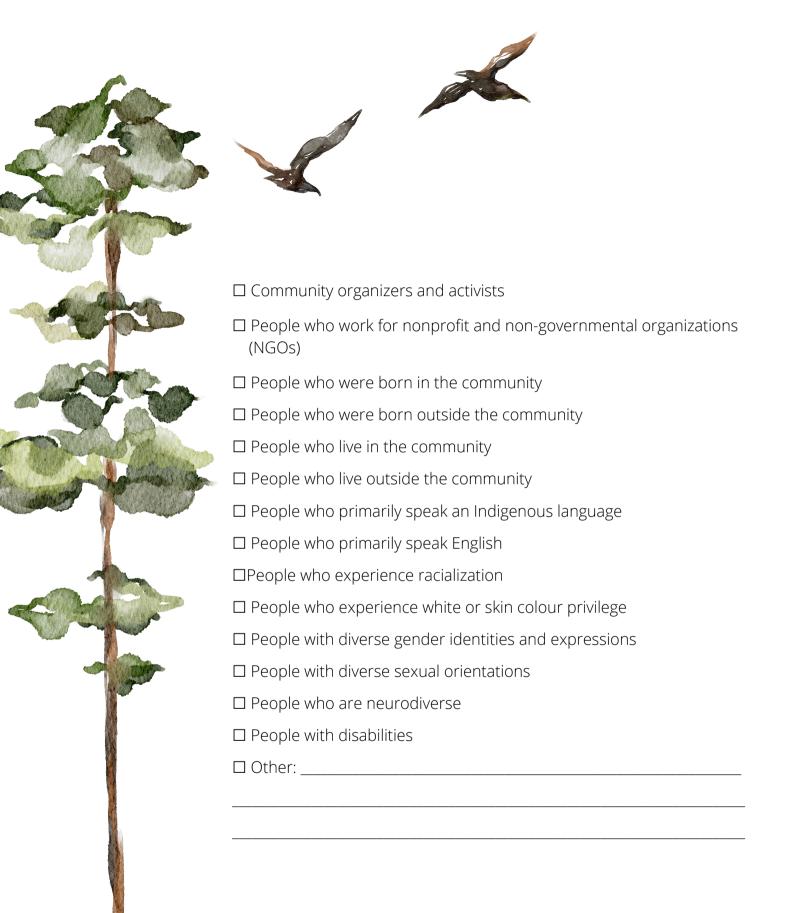
This mapping exercise is designed to help you visualize the diversity of people and groups that could be involved in a project or partnership with Indigenous communities.

Mapping diverse relationships will help you identify and define the different groups of people that are currently involved in, or excluded from, the partnership, such as women, youth and families, people with disabilities, Two-Spirit and LGBTQIA+ people, and others.

Being aware of these different groups can help you and your partners design strategies to address gaps in representation, meet the needs and interests of the community, and prepare for safe and effective inter-group dialogue and facilitation.

Once you have a fuller picture of who is currently involved in the partnership, you will be able to think critically about the reasons missing groups may not be involved in the partnership, as well as the potential impacts of underrepresentation.







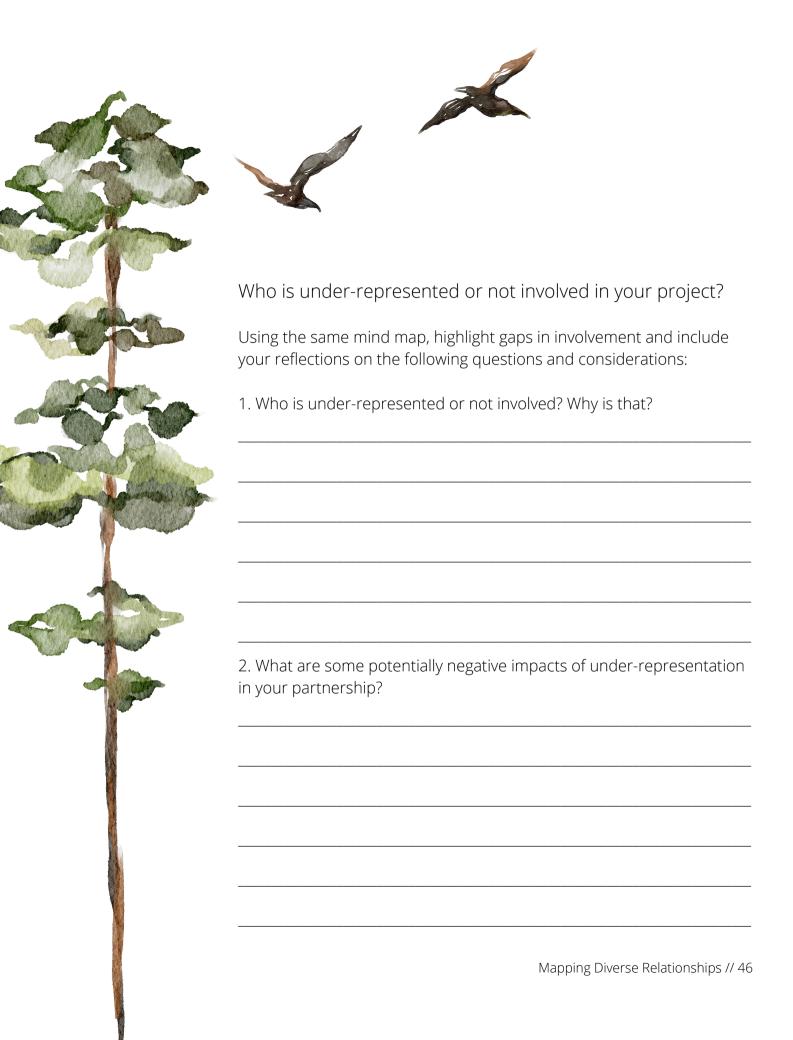


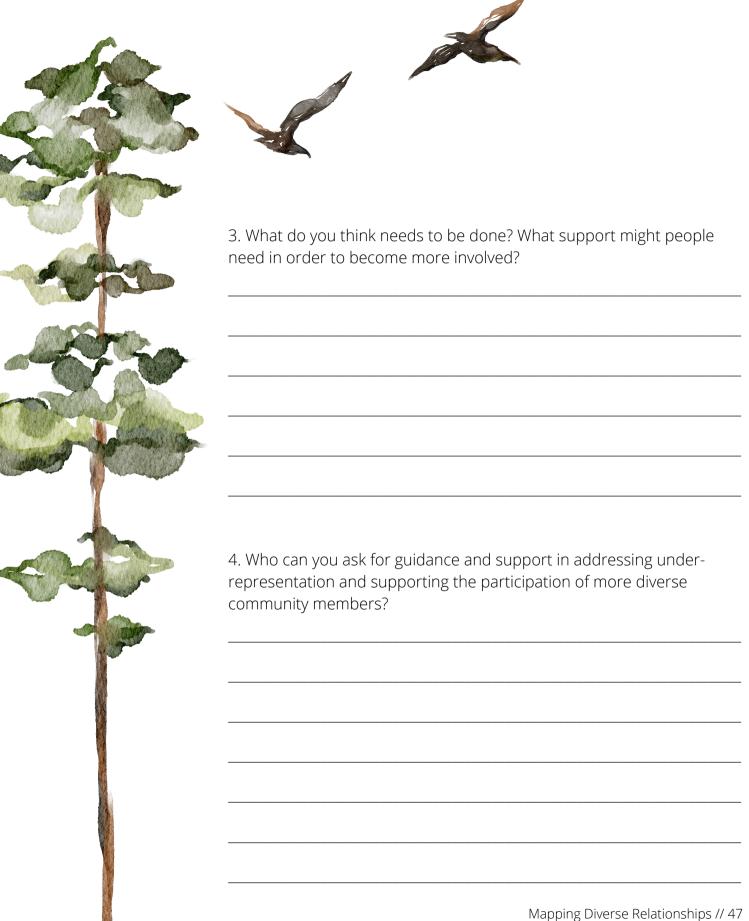
Using the above checklist as a starting point, create a mind map with the people who are currently involved in the partnership, noting the experiences and perspectives that they bring. Include your reflections on the following questions and considerations:

- What life stages are represented? (child, youth, adult, older adult)
- What educational backgrounds are represented? (traditional knowledges, land-based education, ceremony, informal and nonformal education, public school education, postsecondary education)
- What community roles are represented? (knowledge-holders, leadership, community members)
- What university roles are represented? (student, staff, faculty, leadership)
- Do people hold diverse identities, perspectives, and lived experiences?
- Ability (non-disabled people, people with disabilities, neurodiverse individuals)
- Gender (cisgender, transgender, non-binary)
- Sexual orientation (Two-Spirit, LGBTQIA+)
- Income (low income, middle income, wealthy)
- Who gets paid? Who doesn't? How can this be more equitable?
- Who lives in the community? Are local Indigenous people, who are from and still live in the community, employed as the local coordinators or liaisons of your partnership?
- Who makes decisions? Are they the right decision-makers?
- Who are the intended beneficiaries? Are they involved in decisionmaking processes?



Use the space below to create your mind map.	
 Mapping Diverse Relationships // 45	_









Adapted from "Circle of Influence" by Stephen Covey

In the course of our work with Indigenous communities, we are going to encounter many institutional barriers and sometimes irrelevant, inappropriate, or harmful policies and procedures. Working in good ways means alleviating these barriers as well as transforming the institutional norms, values, policies, and procedures that create and reinforce these practices.

Using the Circle of Control below, you will document areas of concern, such as the ways that university policies, procedures, and ways of working impact community partners, and identify ways to take action within your own circles of control and influence. You may find it useful to create multiple diagrams that focus on different areas of your partnership.

Circle of Concern

First, document workarounds, good practices and policies, and other real or desired outcomes in the outer circle of concern.

- What works well and why?
- What barriers and harms do community partners experience as a result of your work together? Consider the institutional systems that Indigenous communities have to navigate in order to partner with you.
- What changes, policies, and practices would the community like to see?





Circle of Influence

Next, list the people or offices with decision-making power with whom you have relationships and can influence in the circle of influence. Regardless of your role in an institution, you can inform and encourage decision-makers to acknowledge and address Indigenous partners' experiences.

- Who are the people or offices within your institution that are responsible for listening to community feedback and advocating for change?
- Who can help you make change within the university?
- What power and access do they have and what actions could they take? What information will they need from you? How will you document and communicate institutional barriers, workarounds and policy changes to decision-makers and the institution?

Check out the following resources to learn more about your circle of influence.

- University of Manitoba organizational chart: https://www.umanitoba.ca/admin/oia/media/UofM_Org_Chart_asofJ ul1_2020.pdf
- Office of the Vice-President Indigenous: https://umanitoba.ca/about-um/vice-president-indigenous





Circle of Control

Finally, list the ways that you can directly support positive experiences and outcomes within your partnership, and address institutional barriers and other challenges in the inner circle of control.

- How can you modify your work processes, such as your ways of working, running projects, and preparing students, to anticipate and address barriers and wrongdoings?
- How can you support community partners when they do encounter barriers?



Use the graphic below to identify your circles of concern, influence, and control.

