

*A Tamarack Learning Centre Webinar*

# Creating a Culture of Equity and Reconciliation

With Suzanne Methot & Pamela Teitelbaum



## **Suzanne Methot**

Author, Educator,  
Community Worker



## **Pamela Teitelbaum**

Consulting Director,  
Evaluating Impact



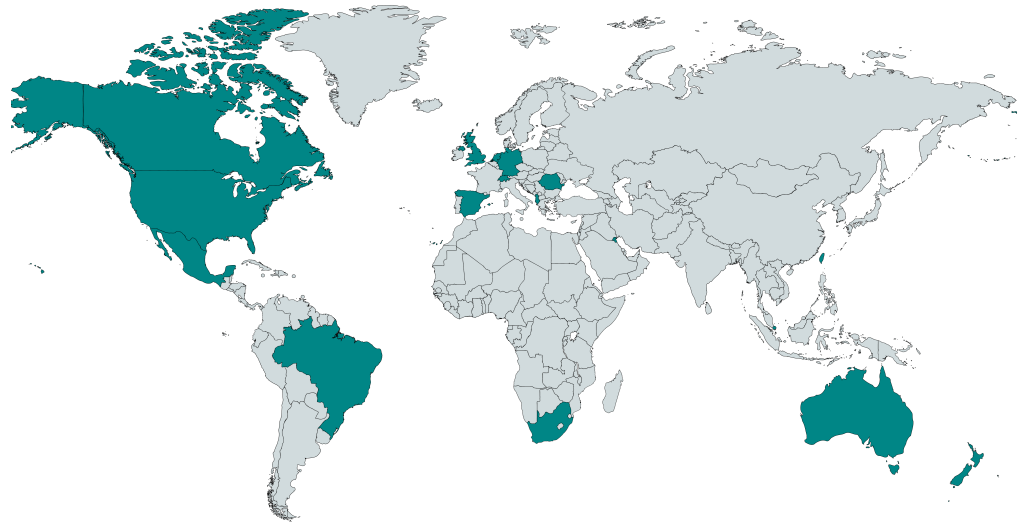
## Who's in the Room?

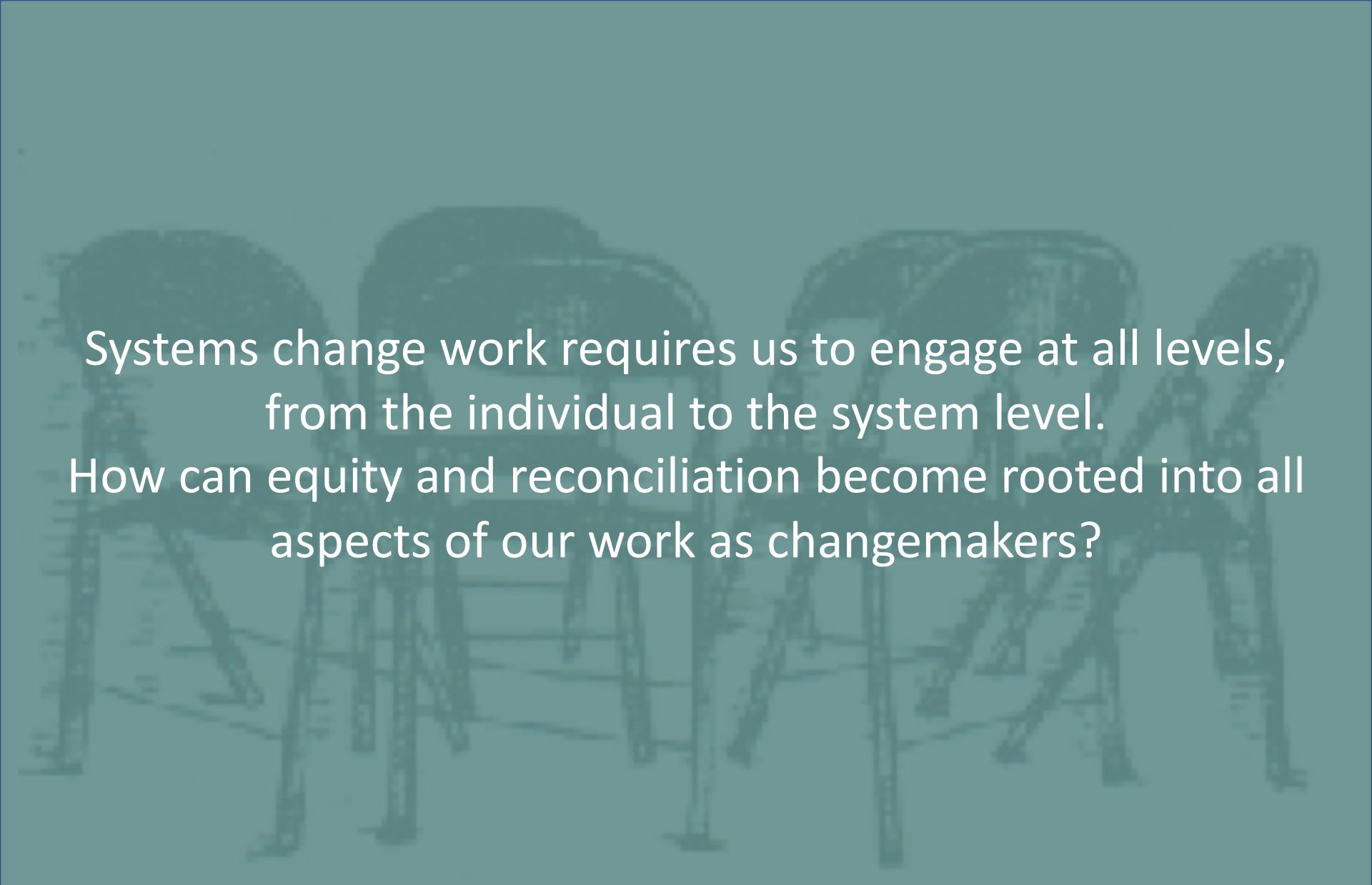
**800+** learners from Canada, the US, Australia, New Zealand, the UK, Singapore, Brazil, France, Mexico, the Philippines and South Africa

**300+** learners from around the globe registered to receive the recording

## Sectors

- **Non-Profit/Community**
- **Education**
- **Health**
- **Foundations**
- **Government**
- **Consulting**

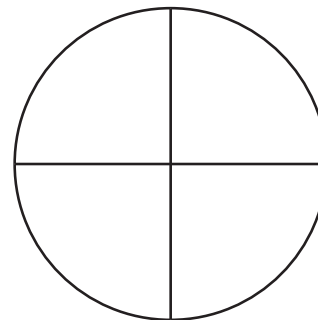
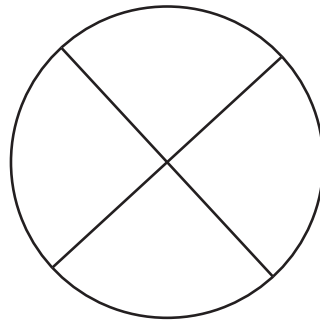




Systems change work requires us to engage at all levels,  
from the individual to the system level.  
How can equity and reconciliation become rooted into all  
aspects of our work as changemakers?



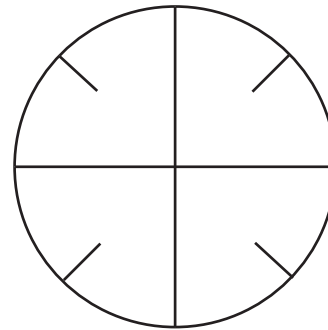
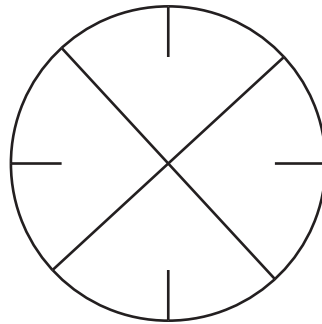
## Medicine Wheel



Medicine Wheel

- **Fire + Water = Balance**

## Medicine Wheel

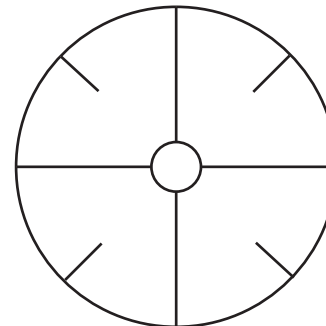
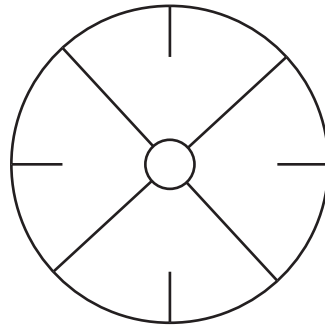




Medicine Wheel

- **Cardinal Directions = Spirit World**

## Medicine Wheel



## Medicine Wheel

- **Circle = Growth/Change**



## Medicine Wheel

- **Fire + Water = Balance**
- **Circle = Growth/Change**
- **Balance + Change = Transformation**

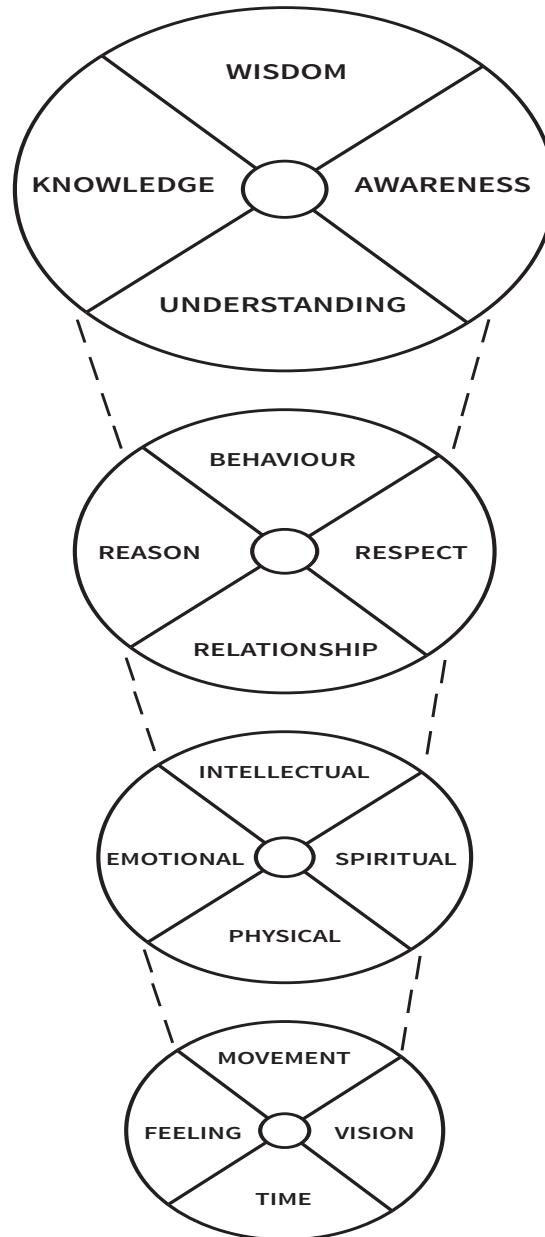
## Medicine Wheel

- **13 moons during 1 sun cycle**
- **Named for seasons**
- **Grounds us in our geographic location**

## Medicine Wheel

- **Where we live over time**
- **How to live in a particular place in any particular moment**
- **Tools for coping and transformation**
- **Interconnectedness**





Medicine Wheel

## Poll Question

**What comes first in your personal and/or cultural approach to gaining wisdom?**

- **Do you seek the “how” of understanding and then the “why” of knowledge?**

**OR**

- **Do you seek the “why” of knowledge and then the “how” of understanding?**

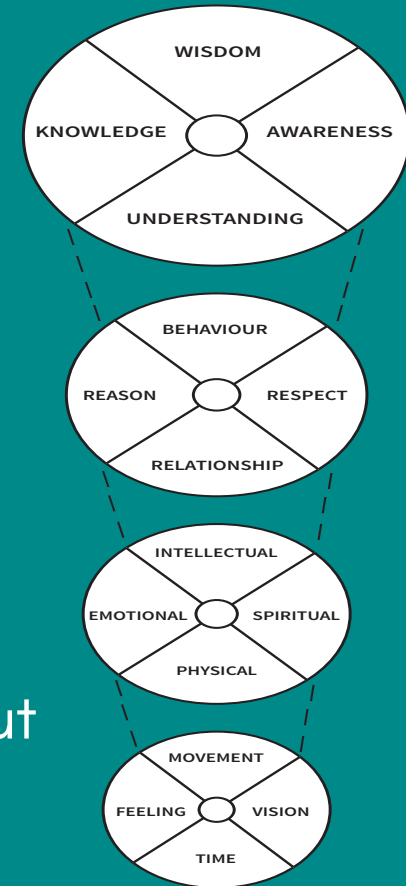


How can we begin to responsibly apply what  
the medicine wheel model teaches us?



## Vision – Spiritual – Respect – Awareness

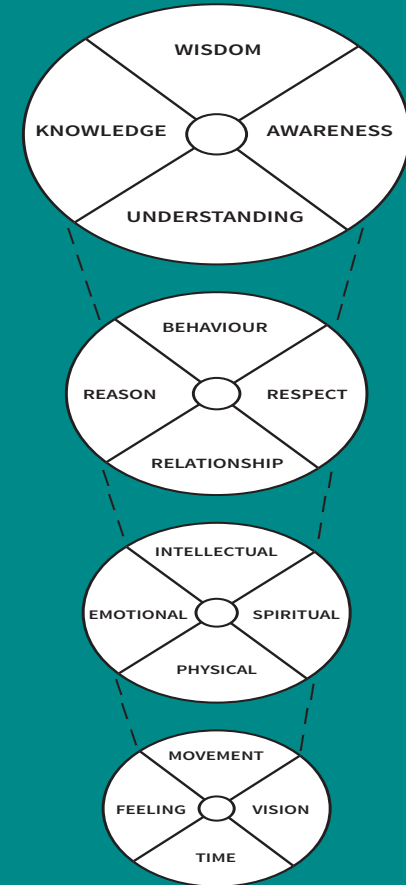
- What is your vision for \_\_\_\_\_ ?
- What are your stories, ceremonies, teachings?
- How will you respect your \_\_\_\_\_ ?  
How have you not respected your \_\_\_\_\_ ?
- What new awareness do you have about the situation?



Medicine Wheel

## Time – Physical – Relationship – Understanding

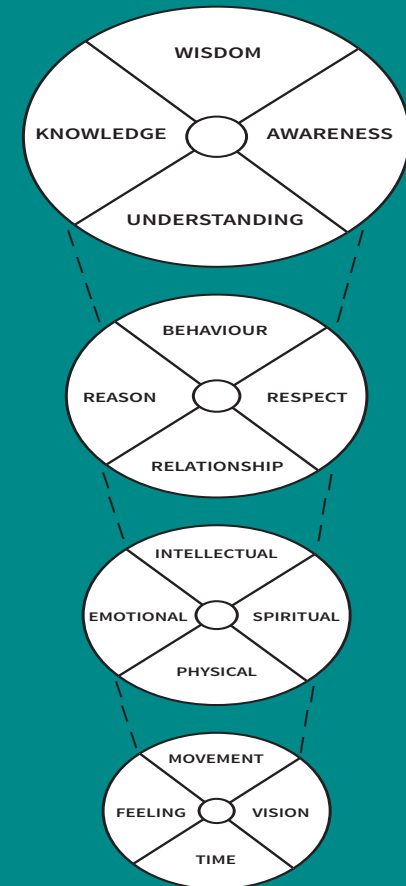
- How much time do you need to implement your vision?
- How does your body feel right now?
- What relationships do you see on the land around you? What do they teach you?
- How does this help you understand your vision on a deeper, more complex level?



Medicine Wheel

Feeling – Emotional – Reason – Knowledge

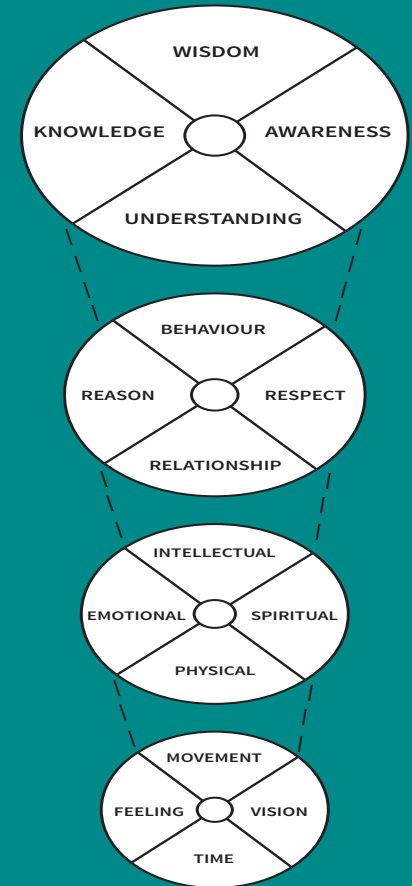
- How do you feel about the situation?
- How does your vision for the future help you make sense of your feelings?
- What knowledge do you need to realize your vision?
- How would you describe the situation now?



Medicine Wheel

Movement – Intellectual – Behaviour – Wisdom

- How will you carry out your vision?
- What steps will you take to stay mindful during this work?
- What behaviours will you engage in to embrace change? What behaviours will you stop engaging in?
- How will you build on and share your vision?



Medicine Wheel

## Final Thoughts

- There are no “right” answers
- Reconciliation requires a change in thinking
- Reconciliation requires a change in systems
- The medicine wheel can effect this change

## Connecting to Equity and Reconciliation: Real-World Examples

- Changing power structures
- Providing trauma-informed services
- Working together better (institutions and communities)





# QUESTIONS?



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# THANK YOU!