



Inaugural NATOA

Indigenous Youth Virtual Summit

'Developing Tools for Success'

October 6 - 8, 2020



AGENDA

DAY 1 (MST) *Agenda subject to change

Mental Health | Tuesday, October 6, 2020

9:30 AM **Welcome Introduction**

10:00 AM - 11:00 AM **Jack.Org**

Self-Care workshop: A deep dive into reflection, resiliency and maintaining positive mental health.

- Self-care practices are essential to our mental health. It's more than taking breaks and prioritizing yourself. As we go through this period of physical distancing and isolation, making time for self-care practices is a priority.
- This workshop will cover resilience, societal expectations, unconditional positive self-regard and self-compassion. Through discussions, as well as guided self-reflection, delegates will gain a deeper understanding of themselves and how they can maintain positive mental health.

11:00 AM - 12:00 PM **Break**

12:00 PM - 1:00 PM **Norissa Mongrain**

Q&A: Mental Health Practitioner, Norissa Mongrain

1:00 PM - 2:00 PM **Jack.Org**

Jack Talks are mental health presentations delivered by young people to young people

- Trained and certified youth speaker will share personal stories and mental health education to inspire, engage, educate and equip young people to look out for themselves and their peers.

2:00 PM - 2:30 PM **Break**

2:30 PM - 3:30 PM **Jack.Org**

Social Media workshop: A blessing and a curse! This workshop will explore:

- How social media can both help/hinder your mental health and how to be intentional when you use it.
- Through group discussions you will be encouraged to think critically about the way you currently use social media and invited share your thoughts and experiences.

3:30 PM - 4:30 PM **Adam Beach**

Q&A: Adam Beach



DAY 2 (MST) *Agenda subject to change

Financial Literacy | Wednesday, October 7, 2020

10:00 AM Welcome Introduction

10:30 AM - 12:00 PM Tanya Tulus

International Experience Canada: International experience is a dynamic way to complement academic, professional and personal development. Plan for an adventure by learning about International Experience Canada (IEC). Hear stories of Indigenous youth and their IEC experience as a holistic lifelong learning opportunity.

12:00 PM - 12:30 PM Break

12:30 PM - 1:30 PM Linda Hartford

Basic Budgeting: Budgeting allows you to create a spending plan for your money, it ensures that you will always have enough money for the things you need and the things that are important to you. Following a budget or spending plan will also keep you out of debt or help you work your way out of debt.

1:30 PM - 2:00 PM Break

2:00 PM - 3:00 PM Nadine St.-Louis

Financial Literacy for Family: Making a family budget can help you understand your financial situation. Once you've created your budget check it frequently to stay on track. This will also help you reallocate money once certain expenses are no longer necessary (ie. you may only need to buy diapers for a few years and once that stage of your family life is over, you can look forward to being able to put those dollars towards something else or even save them for a rainy day).

3:00 PM - 3:30 PM Break

3:30 PM - 4:30 PM Tim Laronde

Building Credit: Credit scores are an important part of your financial health. You want good credit scores because they can unlock many savings and benefits, including access to loans and credit cards with favourable terms.

4:30 PM - 5:00 PM Break

5:00 PM Dr. Donna Oddegard

Financial literacy for working & traveling abroad: Whether you are traveling for experience or to make money for your community, this session will provide you with tips and tools to make sure you make the most of your money.

