

## What is this program about?

This program explores the process of creating possibilities for individuals and groups to consciously create a future based on letting-go, empowerment, trust, collaboration and moving forward.

It has nothing to do with religion, politics or legal matters. It is focused strictly on facilitating a process for individuals to move ahead in life, creating a future based in empowerment rather than creating a future which is based on creating more of the past.

Individuals take a profound look at how residential school events have played out in their lives. The program explores what it takes to break new ground, to shift from thinking and behaviours that have developed from the past, plague the present, and are destined for the future

The "Returning to Spirit" Program is based on *returning people to the spirit of who they are* rather than reliving their painful experience of residential school.

## Who should attend?

The training program has been designed specific to residential school issues and for anyone who wants to move beyond existing limits and constraints. It is for anyone who is committed to personal growth and wants to have a deeper sense of understanding of how to move beyond the residential school experience rather than be stuck with it. It is for individuals who are willing to explore new possibilities for the future.



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## Returning to Spirit- Residential School Reconciliation



## RETURNING TO SPIRIT

Residential School  
Healing  
and Reconciliation  
Program

*An  
experiential  
workshop  
that will re-  
vitalize your  
ability to let  
go and to  
move  
forward in  
life*

The  
RETURNING TO SPIRIT  
Residential School Healing &  
Reconciliation  
Workshop

How you will benefit from attending...you will have:

- A better understanding of past issues, why they keep you stuck and how to move beyond them;
- A profound insight of how the residential school experience shows up in your life today;
- A deep understanding of survival and coping, how they work and the role you play in them;
- A look into the beliefs that limit you and how you move beyond them;
- The ability to create a future based on choice rather than reaction to the past;
- A deep knowledge and understanding of empowerment;
- A deeper sense of who you really are and what you are capable of doing;
- The ability to cause a breakthrough and be in development with life;
- A sense of fulfilment and ability to create future possibilities.

The Returning to Spirit training program is unique and cutting edge in its approach to healing and reconciliation.

It is a three-part training program that involves both First Nations and Religious communities. It is highly recommended for individuals to complete all workshops of the Program, however, it is not a requirement.

Both groups complete a similar workshop though separately in Part I and Part II.

Part I: is a 5-day intensive workshop with First Nations only.

Part II: is a 5-day intensive workshop with the religious communities and non-First Nations individuals.

Part III:

- A. Both groups complete a 2-day workshop based in communication, separately, preparing them for the "coming together".
- B. Both groups come together for a 3-day workshop for communication and completion.

Returning to Spirit© (RTS) is a non-profit organization that designs and delivers workshops and training programs for reconciliation within the context of residential school issues. Our focus is on moving people forward through the principles of personal empowerment. Our work goes beyond healing. It provides conditions for transformation in personal, family, community, and organizational life.

## Our Lives in Time

**When we think of our lives, we think in terms of our past, our present and our future. Each of these we think of as separate identifiable times. But are they really?**

**The Past...It has already happened**

We have all had significant events and experiences that have shaped our lives. These experiences form the pages and chapters of our lives – our book, our story. Part of our experiences has enriched us while other parts have disempowered us.

**The Present...Does it mirror the past?**

As we begin each day we carry with us the experiences of our past. Therefore, the present is not a blank page. The influence of our history shows itself in many ways: through our beliefs, our judgements, our ways of thinking, our actions as well as our reactions. It is apparent that our past and present are neither separate nor inseparable. The question is...are we present to the present or to the past?

**The Future...What does it hold?**

We look into the future and we hope that some things will change in our lives. But, how will those things come about if we maintain our past and present ways of being? Unless something fundamentally shifts or changes that will allow us to glimpse something outside of what we are accustomed to seeing, our future becomes more of the past and present.

**This is what this Program is about – being able to see new possibilities and opportunities of the future that are outside of our past and present ways of experiencing life. Having personal empowerment is being able to create a future that is beyond the boundaries that we are accustomed to. Past, present, and future can then be transformed and we can naturally begin to create a powerful future.**

**What Happens In This Program?**

Our training programs provide a setting wherein individuals can take a look at how the experience of residential school plays out in life in the present; and what is possible for the future.

The training program provides a forum to explore the "stuckness" and discover what it takes to break new ground. It empowers individuals to step outside of the normal ways of seeing things.

The training program is intended to act as a vehicle of self-discovery, in creating openings, new possibilities, personal breakthrough and empowerment. This is achieved through:

**INFORMATION** – to inquire and discover how you see life, your notions, and beliefs;

**DISCUSSIONS** – to reveal the truth about what you think you do in life versus what you actually do;

**PERSONAL EXERCISES** – to discover new insights into your life;

**GROUP PROCESSES** – to accelerate learning and to deepen insights and discoveries;

**EVENING ASSIGNMENTS** – to test new knowledge first hand.