

ARROW



JUNE 2019

GIBSON MUSEUM
HONORS SIMON FAMILY

SACRAMENTO KINGS NATIVE AMERICAN HERITAGE NIGHT

WELLNESS IN
THE WORKPLACE



Wellness in the Workplace

KNO QOTI Native Wellness, Inc
www.knwi.org

The Kno'Qoti Native Wellness, Inc. operates out of Clearlake Oaks, Ca and is committed to supporting and inspiring wellness. Their vision is to create life-long impacts that enhance the quality of life for Tribal communities. They believe in empowering and supporting Native communities through programs and services that promote wellness, support families and revitalize the Native American culture.

On February 22, 2019 the KnoQoti Native Wellness facilitated a Wellness in the Workplace workshop at the Habematolel Pomo of Upper Lake's community building in Upper Lake, CA. Kyle Bill and Rose Steele were the main facilitators with keynote guest speakers, Jim Brown and Toney Steele along with supporting administrative staff, Vanessa John.

This workshop was attended by Habematolel Pomo of Upper Lake, Tribal Member elders Kai Ganado, Georganne Marcks and Leora Treppa-Diego along

with staff member, J. Hope Marcks and Executive Council Secretary, Iris Picton. Kno'Qoti Native Wellness really embraced building on the importance of wellness in a work environment but also outside of work. Kyle and Rose touched on why wellness is important, the foundation of trust, the important of the team, burnout prevention and being trauma informed. Guest speakers spoke on Indian history, cultural policy, historic timelines, honoring our elders and healthy workplace characteristics.

Overall, the Kno'Qoti promoted characteristics of an effective team and how to incorporate both in the workplace and in life an emotional, spiritual, mental and physical balance with the importance about making good choices for your self and having pride in your culture, who you are, who you surround yourself with, where you come from and where you intend to go.

Thank you Kno'Qoti for a great workshop.



