

Empowering Connections Workshop

The **Empowering Connections Workshop** is a two-day educational and experiential training designed to support professionals working with Métis communities. This workshop is open to both **Indigenous and non-Indigenous service providers**, equipping them with the knowledge and relational skills needed to foster **culturally safe, trauma-informed, and strengths-based connections** with Métis individuals and families.

 **by Michelle Bucholtz**

Facilitator Michelle Bucholtz, RTC



Michelle Bucholtz is a Registered Therapeutic Counsellor (RTC), facilitator, and community builder dedicated to helping individuals heal, connect, and reclaim their wholeness. Her family names—Inkster, Spence, Favel, Norquay, and Howse—tie her to the Red River Settlement, though her heritage was hidden by her father and grandparents, met with silence and rejection. After facing a mental health crisis, Michelle broke these family barriers, embarking on a journey of identity reclamation and spiritual awakening, leading her to study Transpersonal Psychology and earn her RTC designation. With experience in group workshops since 2019, Michelle now runs Open Space Therapy, a private counselling practice offering trauma-informed support.

Registered Therapeutic Counsellor, Workshop Facilitator, Business Forum Moderator.

Michelle is a trained business forum moderator, bringing connection and authenticity to BC leaders in business. She founded the Resilient Roots Program, an 8-week Métis women's healing initiative, which has been well received for helping women reclaim their voices through cultural identity and transformational group healing.

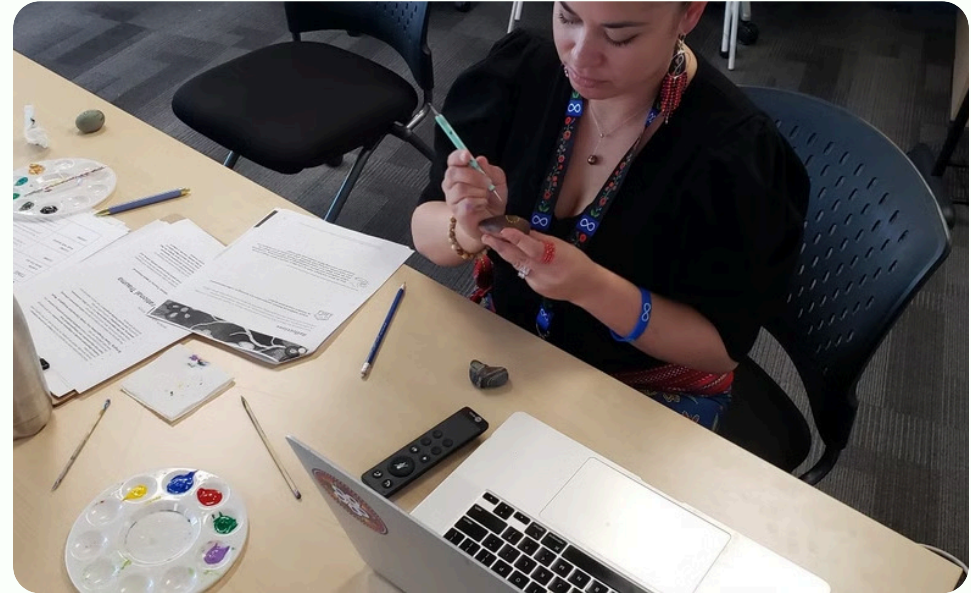
***To support a smooth workshop experience, an Assistant Facilitator will be present. Details on their biography will be shared once selected.**

Special Guest Appearances



Metis Elder

An elder will set the tone for the workshop by opening and closing with good words. A Metis Elder is invited to share insights on topics like Intergenerational Trauma, racism, family dynamics, and systemic challenges. Their perspective from the Indigenous and Metis communities will be shared through storytelling or a talking circle.



Cultural Art Facilitator

Participants can experience the heart of Metis traditions with an Art facilitator who plays a crucial role in the workshop. Participating in hands-on activities such as beading, dot art, or creating medicine bags to help anchor grounding and meaningful conversations after heavy workshop topics.

Sample Agenda

Subject to adjustment based on community needs and requests.

Our two-day workshop is structured to build foundational knowledge on day one and explore deeper cultural and healing connections on day two.

Day 1: Foundations of Connection & Emotional Regulation	Day 2: Métis Identity, Intergenerational Trauma, and Resilience
8:30 AM - Soft Start (Arrival, Refreshments)	8:30 AM - Soft Start
9:00 AM - Hard Start & Welcome • Opening Prayer (Elder) Facilitator & Assistant Introductions • Participant Introductions	9:00 AM - Welcome & Takeaways Circle Sharing, Safe Place Meditation.
9:30 AM - Group Activity: Westwind Blows & Talking Circle	9:30 AM - Intergenerational Trauma Presentation. Métis Residential Schools Survivors Video
10:45 AM - Morning Break	10:45 AM - Morning Break
11:00 AM - Working with Crisis • Systemic Issues to Emotional Impact.	11:00 AM - Family Systems & Unspoken Family Rules • Newspaper Exercise
12:00 PM - Lunch Break	12:00 PM - Lunch Break
1:00 PM - Attachment Theory	1:00 PM - Cultural Art Activity for emotional Grounding
2:00 PM - Polyvagal Theory & Emotional Regulation techniques	2:15 PM - Trauma-Informed Tools & Reflective Listening Exercise
2:30 PM - Afternoon Break	2:30 PM - Afternoon Break
2:45 PM - Open Circle Q&A & Check-Outs • Self-care Toolkit	2:45 PM - Walk & Talk Session (Grounding & Mindfulness in nature; land connection.)
3:00 PM - Indigenous holistic Values & Traditional Family Structures	3:45 PM - Empowerment Exercise
4:00 PM - Check outs and Grounding	4:00 PM - Closing Prayer & Final Reflections with Metis Elder

Budget Breakdown

Maximum Participants: 25

Lead Facilitator, Michelle Bucholtz	\$6500
Assistant Facilitator	Included
Travel Expenses	<ul style="list-style-type: none">• Driving: \$0.68/km × estimated distance• Flights: Actual costs per facilitator• Ferry: Actual Costs• Uber: Estimated per location• Hotel per Diem: Actual cost 1 room• Meal Per Diem (Dinner only) \$40 per facilitator.

The following costs are to be covered by your organization.

Workshop Requirements

Facility Requirements	Facility Rental with accessibility: parking, washrooms, seating, etc.
Technical Setup	Presentation AV screen
Workshop Supplies	Workshop materials: Pens, tissue paper
Catering and Refreshments	Coffee, snacks, refreshments, and lunch meals

Workshop Honorariums not included in Facilitator Fees.

Elder Participation	\$ 300 per open or closing prayer/good words
Cultural Facilitator (Optional)	\$ 250 for 1.5 hours

This workshop was originally funded through **MNBC's Ministry of Education**. The workshop was created for the Family Connection Navigators.

For inquiries or customization options, please contact **Michelle Bucholtz**.

Email: michelle@openspacetherapy.ca

Book a **free Zoom consultation** at www.openspacetherapy.ca.