



"Those who wish to make changes in systems can only go as far as their emotional flexibility allows them. Most solution-based initiatives are often reactions to crisis, stress, and undefined problems. Many become so immersed in the systems they're working in they forget their humanity. They forget who they are and where they come from. Rather than manipulating the system, the system manipulates them into becoming a mechanism that maintains the system's existence. Unless a person practices emotional flexibility associated with emotional intelligence and applies key principles of systems thinking - they'll continue to be part of the problem of any stressed system by repeating behaviors that contribute to that stress. This workshop provides practical tools to consciously influence systems, recognize behavior patterns driven by emotions, and how to unleash authenticity, greatness, emotional resilience and flexibility."

Ahkamêyimok
*"In-powered People,
Proactive Leadership,
Indigenous Liberation
Through Conscious
Action"*

ÂHKAMÊYIMOWIN LIBERATION EXPERIENCE

**“A THREE PHASE PROGRAM DESIGNED
TO ADDRESS SOCIAL PATHOLOGIES
THROUGH SYSTEM-BASED APPROACHES”**

ÂHKAMÊYIMOWIN BENEFITS AND RESULTS:

- Finish with clarity in how to go into a community or organization and help, serve and support in a way that has long lasting impacts.
- Recognize lateral violence, communal dynamics, and how to maneuver among them for a greater positive impact in your work.
- Pinpoint key moments and opportunities for proactive initiatives both professionally and personally.
- Become capable of being "internally untouchable" through emotional awareness and the power of perception.
- Harness the innate Greatness and access Creativity for approaches change that is unique to who your Greatness.
- Become liberated from unconscious, toxic, and limiting behavior using tools and processes that have successful results around the world.
- Have unique leverage in achieving personal and professional goals.
- Have the ability to strengthen teams, organizations, families, and relationships.

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ÂHKAMÊYIMOWIN EXPERIENCES:

- **Systems Thinking:** Understandings of the basics of systems principals and how to apply them in personal life, relationships, and work.
- **Emotional Intelligence:** Become aware of the power between the Energy of Emotion and Perception while learning practical methods for emotional freedom.
- **Authentic Leadership:** Unleashing the greatness within through self-awareness and conscious life styles. This includes a look at ego, personality types in relation to common leadership styles and seeking balance in authentic expression.
- **Indigenous Resurgence:** Solution based insights on overcoming emotional struggles associated with attempts of colonialism, oppression, genocide and the current realities of Indigenous peoples in relation systems, collective well-being and enhancing collective understanding for conscious action.

“In the face of social injustice, how will you respond?”

Ahkamêyimok Commitment:

This is a program that requires full participation. During each phase it is important that participants make arrangements so they are able to partake through the full days. R1ZE, RI2E, and RIZ3 are not workshops were one can come and go. Though there is some flexibility, missing a day will require a re-sit of that specific phase in order to receive the certificate of completion for the Ahkamêyimok Program.

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PHASE 1 R1ZE 3 DAYS

“This is a leadership workshop designed to assist in the removing of emotional blocks and limited beliefs that prevent authenticity and greatness from being fully expressed. It also introduces systems thinking using universal principles that can be applied to any system – specifically systems that are responsible for oppression and injustice towards Indigenous peoples by means of on-going attempts of colonization. R1ZE also introduces concept projects that have been created using R1ZE tools.”

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PHASE 2 R12E 4 DAYS

“In addition to what is covered within the R1ZE seminar, R12E relates how human behavior and systems interact, collide, and merge which can lead to results that can either be beneficial or detrimental. We highlight how specific systems can harvest behaviors, influence behaviors, and manipulate behaviors – leading to social pathologies that affect the well-being of collective peoples either in community or organizational settings. R12E also focuses on creating or resurrecting systemic alternatives from an Indigenous lens.”

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PHASE 3 RIZ3 4 DAYS

“R1ZE is focuses on self-awareness and RI2E is focuses on situational awareness. RIZ3 is a four day seminar that puts into practice all that is covered in the previous phases. We go further and deeper into process work and deconstruct specific systems based on participant’s situations such Disruptive Discovery process, Leadership Purpose process, and Manifesting Greatness process. Family systems are a focus during these four days as well as conscious connection with children”.



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OVERALL TOPICS:

Emotional Intelligence, Conflict Resolution, Team Building, Creative Problem Solving, Personality Awareness, Colonialism, Oppression, Indigenous Liberation, Big Picture Thinking, Indigenous Nationhood, Kinships, De-compartmentalization and Organizational Silo reduction, Systems Principles, Emotional Health and Wellness, The Power of Forgiveness, Grief and Recovery, Strengthening Connections to Children, Paradigm Shifting, Shame Resilience, Intelligent Misbehavior, Breaking the Rules, Mindful Communication, Conscious Leadership, Systems Thinking.

If you have any questions, feel free to reach out and contact me. The three phases within the Ahkamêyimok Program are flexible and can be customized to suit the needs of a community, organization, or team. The days are long however, participants set the tone, depth, and length of each of the days. Mornings and early parts of the afternoons are content and information while the late afternoons are process times. The processes are what make Ahkamêyimok what it is, and they are among the most important within the program. As soon as participants are done their process work they are done for the day. It is not uncommon for participants to go into the evenings.

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