

ROLE MODEL BIO:

CHRISTINE M'LOT (she/her/hers) is an award-winning Anishinaabe educator and curriculum developer from Winnipeg, Manitoba. She has experience working with children and youth in multiple capacities including child welfare, children's disAbility services and Indigenous family programming. She currently is teaching high school at the University of Winnipeg Collegiate. Christine is also the co-founder of Red Rising Education, and works to create Indigenous education resources for teachers.

LEARNING GOALS:

- I will make connections between a role model's life experiences and my own

SUCCESS CRITERIA:

- I can Identify 3 specific actions that helped Christine achieve her goals
- I can connect examples of these themes to my actions in my own life

IDENTIFY *Some of the themes below are discussed in the Fireside Chat with Christine M'lot.*

*motivation & goal setting
ceremony & culture*

choice

*positive influences
mental health & balance*

How have these themes have been present in Christine's life?

- Listen to the interview
- Record notes of relevant themes and examples

CONNECT *Reflect on your own journey. Where do these themes appear in your own life?*

Discuss with a friend or family member. Record your connections in writing, drawing or with music.

"Do things now your future self will thank you for"

-Christine M'lot

EXTEND *Reflect on Christine's Medicine Wheel goal setting exercise.*

Moving forward, how might you be able to bring (more) balance into your life?