



ROLE MODEL BIO:

Dennis Thomas “Whonoak” is a member of the Tseil-Waututh Nation (People of the Inlet) in Deep Cove, North Vancouver. Dennis began working for his community in 2007 as the 2010 Coordinator for the Vancouver 2010 Olympic and Paralympic Winter Games. Since then Dennis pursued business with his Nation and became has become the Senior Business Development Manager for Economic Development overseeing a few band owned businesses and now as a Cultural Liaison for MST Development Corporation..

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 Dennis achieve his 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 Dennis Thomast.*

motivation & goal setting

family

continued education

ceremony & culture

sports

How have these themes have been present in Dennis’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 of family member. Record your connections in writing, drawing or with music.

“When you are physically healthy, you are mentally healthy”

-Dennis Thomas

EXTEND *It is better to give than to receive, including when it comes to offering support and motivation.*

Positive support systems are reciprocal. In what ways do you support and inspire your friends and family?