



ROLE MODEL BIO: Elicia Munro- Sutherland is a Nehiyaw Anishinaabe Metis woman from Treaty 6 Territory - registered to Beardys and Okemasis Cree Nation and currently resides in Saskatoon, SK. She is a mother to two, recent graduate of an Indigenous Social Work degree and Certificate of Reconciliation Studies from the First Nations University of Canada, the president of the FNUniv Saskatoon Campus Student Association, and a photography business owner.

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 Elicia achieve their 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 Elicia Munro-Sutherland.*

resilience

*changing the narrative
authenticity*

*sobriety
well-being*

motherhood

How have these themes have been present in Elicia'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.

"Everyone has a purpose, everyone is worthy and also, you're meant to do great things inside this world. "

-Elicia Munro-Sutherland

EXTEND *Elicia advises young people to invest in themselves and to regularly check in on your holistic health with circle checks.*

**What have you done today to invest in yourself?
What are some ways for you to check-in on your holistic health?**