



**ROLE MODEL BIO:** Michaella Shannon, is Cree and Lakota from Frog Lake First Nation. She is a TV host and personality, model, actress, writer and facilitator. She is the co-host for APTN television series *The Other Side*, seasons 3-5. In 2020, Michaella will be seen on the new TV series, *The Secret History of the Wild West*. As an actor, she is currently working on several new productions that will be released by 2021. Michaella is developing her skills as a writer and blogger. Currently, she is writing a number of different television series and continues to write for a variety of online platforms while building her own brand as a blogger. You can subscribe to her blog, *Walk With Me*, at [MichaellaShannon.com](http://MichaellaShannon.com). Although Michaella spends a majority of her time in the fashion, film and media industry, her true passion lies in helping her community. She facilitates several workshops on alcohol and drug abuse and their close relationship to suicide. She is passionate about facilitating workshops on the effects of bullying, decision-making, self-esteem and overcoming negative experiences all while sharing her personal story.

### 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 Michaella 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 Michaella Shannon.

*moving to a big city*      *perseverance*      *self - worth*      *creating boundaries*  
*resilience; finding a good path*      *confidence*      *mental health & balance*

How have these themes have been present in Michaella'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.**

*"Once you love yourself and you're confident in yourself  
no one else can influence you or take that away from you"*

- Michaella Shannon

**EXTEND** Reflect on Michaella's advice to turn to your culture when you need support with your mental health.

**What are some ways your culture/traditions can support your mental health?**