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# 5 Ways to Indigenize Your Facilitation

**Incorporating traditional and modern-day methods into your space, gathering, or classroom.**

The following are some ways we incorporate Indigenous practices into our in-person facilitation. Keep in mind that there are many factors to consider when Indigenizing your facilitation, so this list is not exhaustive! We encourage you to adapt these ideas in a way that makes the most sense for your event and community.

## 1 Research the Land + Facilities

Take the time to research the land you are on and identify any meaningful land acknowledgment efforts currently underway. Share this with your group in a sincere and non-performative manner, which can include welcoming signage. You can also hold your event at an Indigenous-owned facility!

## 2 Change the Environment

Utilize talking circles or u-shape seating arrangements whenever possible to encourage open collaboration! Talking circles are a way to receive community input and create space for mutual learning opportunities. It is important to seat elders towards the front as a sign of respect.

## 3 Have Fun!

Laughter is good medicine — team building should be fun! Practice humility and don't take yourself too seriously. Incorporate humor into presentations and kinship-building (icebreaker) activities.

## 4 Use Culturally Relevant Items

Ensure that the space provides culturally relevant items for everyone to engage with. Provide smudging materials and identify a space for smudging. Consider purchasing and displaying local Native-made art to honor the cultural practices and Indigenous languages of the surrounding area.

## 5 Include Indigenous Foods

Support local Indigenous food vendors whenever you can and keep a mind towards diabetic-friendly options. Embrace traditional foods and opt for decolonized ingredient swaps like maple syrup or honey over processed white sugar.