Stories of Change:
Training Youth Facilitators to Deliver a Life Skills Program for Children

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LIFE SKILLS JOURNEY

Métis Settlements
The Research Project

Background [2010-2011]:
- Needs and readiness assessment
- Building relationships

Program development [2011-2013]
- Development vs. adaptation
- Day camp vs. school-based
- Reflect community priorities
The Communities

Source: Metis Settlements General Council
Guiding Assumptions
Content
Evaluation

Data Sources:
- Facilitator daily journals during camp
- Facilitator pre-training and post-camp surveys
- Facilitator post-program focus group
- Research team weekly debriefs
Leadership Learning Outcomes

STRENGTHS
- Confidence
- Aware of personal strengths/fit within team

WEAKNESSES
- Impact of community silos on confidence
- Lack of clarity in roles and responsibilities
Child Management/Engagement Learning Outcomes

STRENGTHS
- Introduction of community role models and elders
- Children engaged, but perhaps not with program content

WEAKNESSES
- Free-Play vs Free-for-all
- Facilitator fatigue
- No ‘classroom management’ type skills
Life Skills Journey: Concepts and Practice

STRENGTHS
• “Circle time” first thing in the morning allows facilitators to get into the leadership role for the day.

WEAKNESSES
Focus on child engagement during facilitator training resulted in lack of attention to ensuring:
• Facilitators were confident in their understanding of the core concepts
• Facilitators were able to link concepts to activities
Reporting on Ripples

Over the course of training and camp, facilitators increased:

EXTERNAL STRENGTHS
- Family expectations
- Family support and role models
- A sense of being a part of caring family

INTERNAL STRENGTHS
- Their own self-control and restraint
- Their self-esteem
- Their social sensitivity - caring, empathy
- Their acceptance of themselves and others
- Their sense of spirituality
Next Steps

- Clarify expectations and roles
- Pair community with non-community
- Integrate content and engagement
- Consider networks as capacity building
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