



SHE LEADS
N2N WOMEN'S GATHERING
MAY 25 - 26, 2023 | SMITHERS, BC

EVENT
SUMMARY

Introduction

Event Details

2023 Nation2Nation
SHE LEADS Women's Gathering

Location: Smithers, BC
May 25th and 26th, 2023

Vision Statement

Our vision is to create a community networking space for women in the northwest to support each other in reaching their goals through mentorship, knowledge sharing, and providing opportunities for participation in personal and professional development.

Mission Statement

We want to bring together a diverse mix of leaders to discuss today's issues, impart knowledge, share experiences, empower, and inspire one another to reflect on our own goals and journeys.

The Nation2Nation She Leads Women's Gathering was created to give women in the Northwest the opportunity to participate in panel discussions, workshops and networking opportunities. Our focus was on creating opportunities for personal and professional development, and making connections to share skills, and get mentored.

Holding the event in Smithers BC, the traditional and unceded territory of the Wet'suwet'en people, provided an exceptional opportunity to learn new skills in our community without having to travel to a larger center. This event gave attendees the opportunity to find mentors and make connections right here in our community to help grow their businesses, start-ups or careers.

The N2N SHE LEADS 2023 theme was around fostering growth through difficult times. The last three years women have proven to be resilient in the face of change, hardship and uncertainty. We wanted to support women looking forward and help her grow into her potential. SHE left conferring strength, wisdom and clarity of purpose.

*"I was not expecting to feel so welcomed and the sense of togetherness.
It was a very warm, caring and trusting, safe space"*

Attendee Survey Feedback

DAY 1

Welcome

The event opened with a Git'dim'den Welcome, opening remarks from the Witset First Nations and a welcome by the Town of Smithers.

The Ewk Hiyah Hozdli Dance Group provided a powerful performance.



Keynote Address

KEYNOTE: Honourable Jody Wilson-Raybould
TOPIC: Truth & Women in Leadership

As the daughter of a hereditary chief and Indigenous leader, The Honorable Jody Wilson-Raybould always knew that she would seek out leadership roles. That certainty has helped her build a career as a Liberal Member of Parliament, Minister of Justice, Attorney General of Canada, Minister of Veterans Affairs, Associate Minister of National Defense and, more recently, as an Independent Member of parliament for Vancouver Granville, making her Canada's first-ever elected, female, independent MP.

Throughout, she has established herself as an advocate for accountability and good governance. Her career, thus far, has been marked by many changes – including her own work towards effecting change. In her keynote presentation JWR focused on the messages from her latest book True Reconciliation: How to Be a Force for Change.

Jody connected with the attendees, taking photos and signing copies of her books, following her address.

"Meeting JWR was amazing!"



Day 1

Panel Session #1 Boundaries, Balance and Culture



- *MODERATOR: #1: Miranda O'Krane, Workplace Wellness Coordinator CLAC*
- *SPEAKER: Carmen McPhee, Chief Tahltan Band*
- *SPEAKER: Karen Ogen, CEO FNLNGA*
- *SPEAKER: Charrine Lace, Wet'suwet'en Native Arts*
- *SPEAKER: Theresa Tait Day, Hereditary Wihaliyte & co founder FNMPC, manager outreach/communications*

In this panel the speakers told their personal stories as women in leadership, who inspired them and how they got where they are. They spoke of how they were empowered by others and how they mentor and empower other women to follow in their footsteps. With busy schedules and balancing life and home, these powerful women spoke of the importance of self care and balance in their daily lives, and how cultural practices can be used to achieve this.



Breakout Session #1

**From Surviving to Thriving:
Coming Home to Your True Nature
by Mastering Your Nervous System**

Facilitated by Courtenay Crucil and Rita Pare, Psychotherapist & Trauma Specialist

Courtenay and Rita guided attendees through visualizations and exercises designed to address trauma and rewire your nervous system.

Day 1



Workshop #1 Imposter Syndrome

FACILITATOR: Cheryll Wagner, Regional Ambassador WeBC

This WeBC developed workshop focuses on defining Imposter Syndrome, identifying it in ourselves and understanding how it can impact our growth personally and professionally. Attendees were provided with exercises and group discussions to reflect on facing Imposter Syndrome at work and how it affects their confidence.



Workshop #2 Honouring Our Truths, Reconciling Our Relations

FACILITATOR: Kayla Mitchell, Director of Youth Engagement at Office of the Wet'suwet'en

- Rooted in Deep Democracy training, Indigenous focus-oriented therapy
- Cultivating safety in conflict resolutions, having hard conversations
- Applicable skills for home, work, and relationships

"The keynote was exceptional - inspiring, thought-provoking and meaningful! The workshops were great. The panelists were great as well. It was wonderful that the conference had so many female attendees, who were so committed to empowering each other."

Attendee Survey Feedback

DAY 2

Keynote Address

KEYNOTE: Dr. Patricia Mills
TOPIC: The 4 Pillars of Women's Health

Dr. Patricia Mills delivered a powerful and inspiring keynote, that was both a story of her personal discovery of Functional Medicine, and how to approach health from a root cause perspective. Dr. Mills spoke of the 4 pillars of health for women: Hormone Balance, Stress Response, Gut Health and Toxins Tolerance

She had many tips for the audience, from changing our eating habits, to cleaning up our cosmetics and beauty products. Her practical advice on managing stress and how detoxifying the body could have a big impact on our overall health was inspiring for the audience. She reminded us that ' Knowledge is power, and wisdom is knowledge with action'.



Panel Session #2 Women in the Workplace - Diversity, Inclusion & Equality



- *MODERATOR #2: Sheena Miller - Executive Director, Smithers District Chamber of Commerce*
- *SPEAKER: Corinne George - Regional Principal, CNC Burns Lake*
- *SPEAKER: Elizabeth Miller - Vice President, Environment & Social Responsibility Seabridge Gold*
- *SPEAKER: Cheryl Gilbert, Regional Manager, Ministry of Jobs, Economic Development and Innovation*

This inspiring panel session brought together some very powerful women from completely different careers and walks of life. We heard about the importance of understanding who we are, of connecting on a personal level and how we are in relation to one another.

We heard stories of moving up the ranks in a very male-dominated industry, how space at the table was found, and how important it is for companies to ensure they make space for everyone at the table. Some shared a vulnerable and personal account for dealing with difficult situations, particularly as a woman in the executive or professional world.

Building on the concept of having a seat at the table, they also shared how sometimes its also ok to quit - and then build your own table.

Day 2

Panel Session #3 All The Things We Don't Want to Talk About



- MODERATOR #3: Lisa Mueller, Founder of N2N Events
- SPEAKER: Jennifer Mallmes, Lead Instructor Indigenous End of Life Guide Douglas College
- SPEAKER: Barby Skaling, Carrier Nation Cultural Advisor
- SPEAKER: Priscilla Naziel, Social Development Manager, Witset First Nation
- SPEAKER: River Wilde (they/them) (R.S.W)(B.S.W) Smithers Pride Society

This panel was about pushing people's comfort zones and delving into territory we don't normally address in everyday conversations. Stories were shared on death and dying and how as a culture we don't want to talk about death. The importance of holding space for elders as they pass on at home and in dignity was shared as well as how a death doula can help navigate that space.

Another difficult to talk about topic was on Missing and Murdered Indigenous Women and Girls. This panel touched on so much, it was raw, vulnerable and real, and while it may have contained some uncomfortable truths, it left the audience feeling like some real truth sharing had taken place. This highlighted how resilient we are here in the North, that one brave conversation can change an entire life and that we can and should support one another even in disagreement.



During this panel, family members of some of the missing women and girls from the local communities stood before the crowd, holding signs with the missing girls and women's images and information.

Day 2

Panel Session #4 Growth Mindset



- MODERATOR #1: *Melissa Gladue, Futurpreneur*
- SPEAKER: *Breeann Doerksen, Bulkley Valley Hive & Honey*
- SPEAKER: *Elizabeth Watson, The Palisades Cafe*
- SPEAKER: *Ja'-elle Leite, Ultralogix*
- SPEAKER: *Carmen Charlie, Top of the Line Catering*

Local women in business inspired us on this panel with their growth mindsets and entrepreneurial spirit. They shared their personal stories as women, entrepreneurs, mothers, partners and community members. They demonstrated how taking many small steps to achieve your goals can move you to where you want to be in life. That sometimes we have to hang onto a dream ferociously. These women also spoke to the importance of saying no, understanding our boundaries and making sure we respect them. It was a great panel for anyone just on the brink of moving their vision towards reality.



Breakout Session #2 Balancing Work, Family, and Education

Facilitated by Candice Wilson & Lisa Grant

Candice and Lisa spent this session speaking candidly about their experiences in post-secondary Indigenous focused programs and the impact these programs are having on their peers and educational establishments. They also shared how the knowledge is benefiting each of their First Nations communities and how they balance it all.

Day 1



Workshop #3 Taking Care Of Self While Caring For Others

*FACILITATOR: Jennifer Mallmes, Lead Instructor Indigenous
End of Life Guide Douglas College*

Jennifer lead an engaging and dynamic conversation about caring for others who are facing death, how to move through that stage as a family and accept it as a natural part of the life cycle.

Workshop #4 The Ohpikiwin Series - Indigenous Entrepreneurship

*FACILITATOR: April Massie, Indigenous Entrepreneur
Startup Program, Futurpreneur*

April shared about challenges facing Indigenous entrepreneurs, and strategies and resources that can be used to overcome them.

"I truly enjoyed all of the panelist and key note speakers - such a beautiful gathering of First Nation women and non first nation sisters and Allies in our circle! Nice to have several men Hereditary chiefs join from our homeland community. I was so excited to be back to my homeland and take part with your great event! I can't express enough my appreciation of having the opportunity to be part of your Event! Created wonderful memories with my friends/relatives haven't had time to spend with throughout the years and meeting new friends - such beautiful women Tabi Misyh"

Attendee Survey Feedback

Attendance

Impact

The Women's Gathering had a total of 213 attendees with a large reach extending to these communities

- Smithers
- Witset
- Kimberley
- Coquitlam
- Prince George
- Hazelton
- Terrace
- Lax Kw'alaams
- Fraser Lake
- Calgary
- Edmonton
- Kitamaat
- Burns Lake
- Kitimat
- Haisla
- New Aiyansh
- Vancouver
- Fort St James
- Thornhill
- Kitkatla
- Dease Lake

213

Total Attendees

From

21+

Communities

2

days of connection and relationships

The host community of Smithers, BC, where the inaugural Nation2Nation Women's Gathering event took place, benefited through exposure and attendance from guests throughout BC and Alberta. The hotel conference venue and caterers benefited from over 200 people attending the event, and those benefits spilled over into the community at local shops, restaurants and hotels.

We also made it a priority to promote local businesses and showcase local talents by purchasing attendee gifts from small businesses, and having vendors set up to sell and promote their products, in turn benefiting the local economy.

About Us



Our Founder

Lisa Mueller is from the Tsilhqot'in Nation and is the founder and creator of the Nation2Nation Events in Northwest, BC. She's an entrepreneur, community builder and specializes in First Nation community engagement, economic development and community connecting.

Lisa is a confident business professional with 15+ years of experience in event and project management, leadership, public relations, Indigenous relations and organizational development. She is skilled in the design and facilitation of multi-stakeholder projects in both the economic and social development sectors. Lisa adapts well to high-pressure environments and is known for her ability to bring together diverse perspectives on complex issues.

Driven by her passion to see First Nations more involved in business, the provincial and national economy she felt compelled to create a platform for First Nations leaders to share their perspectives on economic development and major projects. The inaugural Nation2Nation Forum was held in Terrace in November 2015 and continues as an annual forum.

Lisa is a committed community volunteer and spent 10+ years serving as a past Rotary member, on the Rotary Youth Leadership Academy Committee, and past Chair of North Coast Women in Business.

Currently Lisa sits on the Council for the District of Houston, and is co-chair for the Houston Hospice Society. She is also part of the Indigenous Relations and Reconciliation Advisory Council for Geoscience BC, and sits on the BC CN Community Board for Northern BC.

Lisa resides in Houston, BC with her partner Ryan and their 4 fur kids.

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Our Team

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Sara

Event Lead, Speaker Coordinator

Sara Zappitelli is originally from Ontario and is a member of the Fort Albany Cree Nation, but now lives with her family in Northwest BC. Sara is highly organized, creative, and innovative, she is a critical thinker with a background in Business Administration, Marketing, and Management. She brings her skills along with passion to her work with Nation2Nation.



Kaleena

Marketing and Operations Support

Kaleena Lewis works primarily as a Creative Professional through her company: Holly and Oak Design Co. She provides regular and contract clients with business operations support, coaching, website and brand development, digital marketing support and strategic planning.



Karolina

Sponsorship Coordinator

Karolina Wenzel is passionate about bringing all stakeholders to the table when it comes to economic development and resource use. Karolina's love of people and communication ensures she has a blast while building relationships and making connections with companies and individuals wishing to support the goals and visions of Nation2Nation.



Michele

Registrar & Community Outreach

Michele Stevens uses her background in Community Relations to be a creative and energetic leader with ability to communicate vision and inspire action. She brings experience of program development and coordinating events, where you can find her behind the scenes utilizing her skills to see a project to completion.

About N2N

MORE INFORMATION

NATION2NATION.CA

What is N2N?

Our mission is to have a vibrant and sustainable future for First Nations in Northwest B.C.

Our Vision

The goal of the Nation2Nation Forum is to bring together First Nations, Industry and Government to engage in dialogue about economic development and doing business with First Nations.

Our Purpose

The Nation2Nation Forum provides First Nations leaders the opportunity to outline how Industry and Government can help address Economic, Environmental, Social and Indigenous rights issues while working in partnership on resource development in First Nation territories, to improve outcomes for communities and future generations.

Our Audience

- Northwest BC First Nations leaders and community members
- Canadian and BC Government representatives
- Industry leaders whose companies are active in NWBC
- Community leaders throughout the region

Our Focus

- Best Practices of Doing Business with First Nations
- Economic Development
- Major Projects in Northern BC
- Economic Reconciliation
- Creating safe spaces for important conversations

“

The future is bright for First Nations at this time and it is only going to get brighter

~ Lisa Mueller

Thank You

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This event wouldn't be possible without the generous support of our amazing sponsors. By participating, sponsors had a part in helping women in our northwest communities achieve their goals in leadership and development. Thank you!

Thank You
2023 SPONSORS

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WOMEN'S GATHERING

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NATION2NATION.CA **25 & 26 MAY | SMITHERS, BC**

Host Nation Partner
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Would you like to sponsor the next Women's Gathering? Contact Karolina Wenzel, Sponsorship Coordinator at sponsor@nation2nation.ca or 867-333-9438.

We hope you will join us as we gather to listen, learn, share experiences, and to inspire and empower one another in 2024!



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No matter the starting point, SHE will leave conferring strength, wisdom and clarity of purpose.

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SAVE THE DATES!

2024 N2N WOMEN'S GATHERING

 APRIL 25-26, 2024

 PRINCE RUPERT, BC