



Inaugural NATOA

Indigenous Youth Virtual Summit

'Developing Tools for Success'

October 6 - 8, 2020



Indigenous Youth Summit

AGENDA

DAY 1 (MST) *Agenda subject to change

Mental Health | Tuesday, October 6, 2020

9:30 AM Welcome Introduction

10:00 AM - 11:00 AM Jack.Org

Jack Talks are mental health presentations delivered by young people to young people

- Trained and certified youth speaker will share personal stories and mental health education to inspire, engage, educate and equip young people to look out for themselves and their peers.

11:00 AM - 12:00 PM Break

12:00 PM - 1:00 PM Mental Health Practitioner

Q&A: Mental Health Practitioner

1:00 PM - 2:00 PM Jack.Org

Self-Care workshop: A deep dive into reflection, resiliency and maintaining positive mental health.

- Self-care practices are essential to our mental health. It's more than taking breaks and prioritizing yourself. As we go through this period of physical distancing and isolation, making time for self-care practices is a priority.
- This workshop will cover resilience, societal expectations, unconditional positive self-regard and self-compassion. Through discussions, as well as guided self-reflection, delegates will gain a deeper understanding of themselves and how they can maintain positive mental health.

2:00 PM - 2:30 PM Break

2:30 PM - 3:30 PM Jack.Org

Social Media workshop: A blessing and a curse! This workshop will explore:

- How social media can both help/hinder your mental health and how to be intentional when you use it.
- Through group discussions you will be encouraged to think critically about the way you currently use social media and invited share your thoughts and experiences.

3:30 PM - 4:30 PM Adam Beach

Q&A: Adam Beach



DAY 2 (MST) *Agenda subject to change

Financial Literacy | Wednesday, October 7, 2020

10:00 AM **Welcome Introduction**

10:30 AM - 12:00 PM **Tanya Tulus**

International Experience Canada: International experience is a dynamic way to complement academic, professional and personal development. Plan for an adventure by learning about International Experience Canada (IEC). Hear stories of Indigenous youth and their IEC experience as a holistic lifelong learning opportunity.

12:00 PM - 12:30 PM **Break**

12:30 PM - 1:30 PM **Linda Hartford**

Basic Budgeting: Budgeting allows you to create a spending plan for your money, it ensures that you will always have enough money for the things you need and the things that are important to you. Following a budget or spending plan will also keep you out of debt or help you work your way out of debt.

1:30 PM - 2:00 PM **Break**

2:00 PM - 3:00 PM **Nadine St.-Louis**

Financial Literacy for Family: Making a family budget can help you understand your financial situation. Once you've created your budget check it frequently to stay on track. This will also help you reallocate money once certain expenses are no longer necessary (ie. you may only need to buy diapers for a few years and once that stage of your family life is over, you can look forward to being able to put those dollars towards something else or even save them for a rainy day).

3:00 PM - 3:30 PM **Break**

3:30 PM - 4:30 PM **Tim Laronde**

Building Credit: Credit scores are an important part of your financial health. You want good credit scores because they can unlock many savings and benefits, including access to loans and credit cards with favourable terms.

4:30 PM - 5:00 PM **Break**

5:00 PM **Dr. Donna Oddegard**

Financial literacy for working & traveling abroad: Whether you are traveling for experience or to make money for your community, this session will provide you with tips and tools to make sure you make the most of your money.

DAY 3 (MST) *Agenda subject to change

Entrepreneurship | Thursday, October 8, 2020

10:00 AM **Welcome Introduction**

10:30 AM - 11:30 AM **Nicole McLaren**

Business Plan: A good business plan guides you through each stage of starting and managing your business. You'll use your business plan like a GPS to structure, operate and grow your business. It's a way to think about how your business will run.

11:30 AM - 12:00 PM **Break**

12:00 PM - 1:30 PM **Vickie Whitehead**

Taxation, on an off-reserve – GST remittance and filing taxes: Under sections 87 and 90 of the Indian Act, status Indians do not pay federal or provincial taxes on their personal and real property that is on a reserve. As income is considered personal property, status Indians who work on a reserve do not pay federal or provincial taxes on their employment income. But what does this mean for your business?

1:30 PM - 2:00 PM **Break**

2:00 PM - 3:00 PM **Michele Young-Crook**

Proper Bookkeeping: Invoicing, receipts and how to keep track. By definition, bookkeeping is the organization of financial information. Keeping your financial records organized makes it easier to locate and provide information to the appropriate parties.

3:00 PM - 3:30 PM **Break**

3:30 PM - 4:30 PM **Victoria LaBillois**

Sole Proprietor, Partnership or Corporation?

Before registering your business, you should consider the different options available to you. From a legal point of view, there are three common types of businesses: Sole Proprietorship, Partnership and Corporation. Each structure has different and important implications for liability, taxation and succession.

4:30 PM - 5:30 PM **Break**

5:30 PM **Lynn Angus**

Branding Your Business and Self: Branding yourself keeps you current in your chosen field, opens new doors and creates a lasting impression on clients. By developing your brand, you'll have control over people's initial perception. If you don't brand yourself, someone else will and the outcome might not be in your favour.