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# SELF-LOCATION GUIDE





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Indigenous-based methods are about how you can approach your work with a relational lens. To incorporate Indigenous ways of knowing and being into RECOVER, we try to centre intentional relationship-ing.

This means it is important to become conscious of how we are carrying ourselves in relation to the communities served and incorporated.

When we start meetings, we often begin with a self-location exercise. It serves as more than an introduction.

Self-location is a tool that allows us to acknowledge the historical, social, and cultural contexts that shape and story our lives. Acknowledging the lens through which we see the world allows us to unpack our own assumptions and our power to make meaningful change in the lives of others.

Using this tool is as simple as introducing yourself in a way that many Indigenous peoples do -- by telling the story of *where* and *who* you come from beginning with your grandparents or great-grandparents. Some prompts to guide your storytelling include:

- What lands has your family been in relationship with?
- If you are a newcomer to these lands, why did you and/or your family settle here?
- Where do you make your home today?

While telling your story and listening to the stories of others, we invite you to reflect on where and how your stories intersect and align as well as how they diverge.

Here are some other prompts or questions you can use:

- In the spirit of spring and growth: what's a seed/a tradition/a ritual that has been given to you that you have been able to grow?
- Share the name of one of your grandparents and one thing you have or had in common with them.
- What is a message that you'd like your great-grandchildren to receive from you about how to live a good life?
- Tell us about a moment you recall feeling like you were welcomed as a valued, and respected part of a community.
- What wellness outcome did you cultivate this winter?

For RECOVER, we use prompts that relate to one of the connection outcomes at the heart of the wellbeing framework. (Connection to: Land/Ground - Body & Self - Family, Friends, Community - The Sacred - Culture - The Human Project)





## Self-Location Reflection

Relational accountability is often done by engaging in consistent and thorough reflective practices, both in-action and on-action.

Here are some reflection prompts you can use:

- Are we recognizing our locations with the stories we tell about who we are and what we're doing?
- How are we providing opportunities for the participants, volunteers, and those being served to self-locate?
- How does this process of positioning ourselves as several or one among many inform our practices, knowledges, and identities?



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