

## THE RELATIONSHIP BETWEEN HEALING & COMMUNITY DEVELOPMENT & NATION BUILDING THROUGHOUT THE PROGRAM

Each of the four modules (courses) of the “*Moving Toward Wholeness*” Program (i.e. the self, human relations, community development and nation building, and program development and effectiveness) is designed to incorporate knowledge, skills and practical tools related to two foundational themes through workshop sessions and practicum work:

**1. healing**, which focuses on enhancing personal, family, workplace, and community wellness, and on building the capacity of the community programs and services to enhance wellness at all these levels in a systematic and sustainable way; and

**2. community development and nation building**, which focuses on increasing capacity to systematically transform the many levels of relationships which create life as it is experienced by the people—such as the level of the individual (with its mental, emotional, physical and spiritual aspects), the level of family life (with its physical/economic, social, spiritual/cultural, and decision-making/power aspects), the level of the community/nation (with its political, economic, social and cultural dimensions), and the level of the region within which the nation exists (with its own political, economic, social and cultural dimensions).



## ABOUT THE SAGAMOK ANISHNAWBEK FIRST NATION



Over the past fifteen years, the Sagamok Anishnawbek First Nation, situated near Sudbury, Ontario, has been energetically working to achieve greater wellbeing and prosperity through healing and integrated community development. This work has included a comprehensive participatory community assessment process, the development of an integrated ten-year action plan, an emphasis on learning, and concerted work on the part of a Band program managers and staff to align their programs with the ten-year plan goals and strategies. Approximately thirty Sagamok Nation members, including elected leaders, staff from all Band departments and programs, and community volunteers are just completing the “*Moving Toward Wholeness*” certificate program. Their vision, courage and determination as well as first-hand experience, insights and skills, gained through the initiatives described above put them in a unique position to serve as faculty for the in “*Moving Toward Wholeness*” accredited certificate program.

## ABOUT FOUR WORLDS:

Four Worlds is a legally registered, non-profit organization with more than twenty years of experience providing technical assistance to organizations carrying out community-based programming in support of human and community development. Four Worlds first emerged out of Indigenous peoples’ community healing and development efforts in North America in the early 1980s. Since then, Four Worlds teams have worked extensively in rural and urban settings in every corner of North America as well as in Africa, Southeast Asia, the South Pacific, the former Soviet Union and Latin America. Four Worlds is well known for its participatory and culturally based approach to development work and for its down-to-earth articulation of principles and models to guide human and community transformation.

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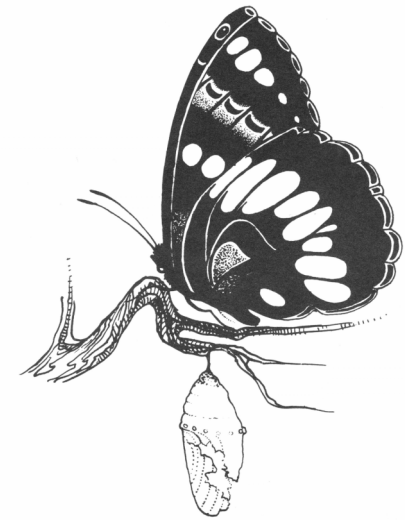
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## *Moving Towards Wholeness*



**ACCREDITED ONE YEAR  
CERTIFICATE PROGRAM IN  
COMMUNITY HEALING,  
COMMUNITY DEVELOPMENT  
AND NATION BUILDING**

*Sponsored by:*

**FOUR WORLDS  
AND  
THE SAGAMOK  
ANISHNAWBEK  
FIRST NATION**



## PROGRAM OVERVIEW

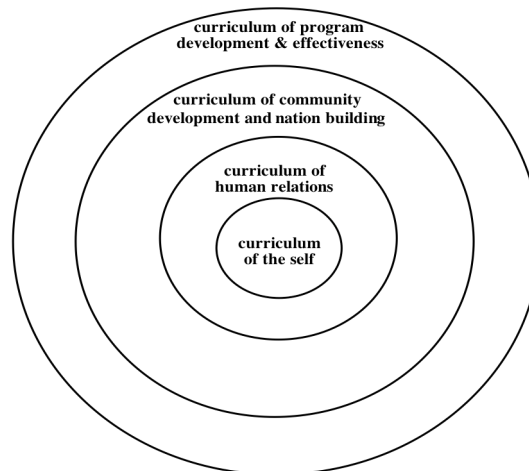
*“Moving Toward Wholeness” is designed to build the capacity of community leaders and program staff as well as community volunteers to achieve long-range nation-building goals. All too often community visions and plans sit on the shelf because no comprehensive learning program is in place to build up the knowledge and skill base which community workers need to implement those plans. “Moving Toward Wholeness” begins with the healing and personal development goals of the individual and then moves to a focus on transforming those family, friendship, workplace and community relationships that are central to healthy living. Next, the curriculum introduces models, principles, strategies and tools for mobilizing the community for creative collaboration on initiatives designed to address critical social and economic problems. Finally, the program looks at principles and strategies for creating effective programs and projects and nurturing ethical leadership to sustain consistent progress toward nation-building goals. “Moving Toward Wholeness” is designed to be delivered in the community through a combination of intensive workshop sessions, practicum assignments and regular small group study circles.*



## CURRICULUM MODULES (COURSES):

The learning material in the “Moving Toward Wholeness” Program is organized around four broad areas or modules, as described below. These four curriculum streams are not simply separate-but-equal components of an educational “salad”. They are, rather, dimensions of a nested hierarchy of learning, the core of which is the curriculum of the self. Each curriculum dimension includes and builds upon the one proceeding.

**1. The curriculum of the self**, which focuses on learning how to learn, personal growth and healing, developing emotional competency, acquiring positive qualities and virtues such as courage, integrity, humility and compassion), learning spiritual disciplines and techniques for self development, and aligning personal capacity with life goals and professional objectives.



**2. The curriculum of human relations**, which focuses on developing attitudes, values and skills for constructive relationships at every level of human society, including family life, the workplace, community participation, citizenship and professional engagement. This curriculum stream will also address such areas as mediation and conflict resolution.

**3. The curriculum of community development and nation building**, which focuses on the knowledge base, models, strategies and tools for engaging grass-roots people in constructive processes leading to human wellbeing and prosperity.

**4. The curriculum of program development and effectiveness**, which focuses on assisting program managers and staff, as well as community volunteers and professional helpers from outside the community to design, implement and monitor community programs and services in ways that effectively serve community and nation-building efforts.

## CURRICULUM DELIVERY MECHANISMS

The “Moving Toward Wholeness” Program is designed to be delivered through several mechanisms:

**1. intensive four-day workshop sessions** every two to three months which focus on two interrelated themes: healing and community development;

**2. practicum assignments** which assist the participants to apply the workshop material to their personal lives, their family relationships, their life in the community, and their work; and

**3. on-going study circle sessions**, which are held every two weeks in the community to follow-up on the topics introduced in the workshop sessions and to provide the participants with the opportunity to support each other and to discuss their practicum work.