

Peguis Al-Care Treatment Centre

Box 69, Peguis,
Manitoba R0C 3J0
Phone:204.645.2666

Executive Director
Ken Genaille

**Program Coordinator of
Treatment Services**
Nancy Harasemiw

Administrative Assistant
Linda McPherson

Addictions Specialist
Olive Bear

Addictions Specialist
Alice Flett

Addictions Specialist
Fern Sinclair

Addictions Specialist
Winnie Bair

Addictions Specialist
Diane Bear

**Addictions Specialist,
Casual,** Kendrah Flett

**Addictions Specialist,
Casual,** Arlene Bear

**Addictions Specialist,
Casual,**
Karen Manningway

**Addictions Specialist,
Casual,** David Cochrane

Cook
Margaret Wilson

Cook, Casual
Maude Stranger

Housekeeping
Marlene Favel

Maintenance
Clarence Bear

Facilitated by:
Leo F. Sawicki
E:mail:
sawicki8@hotmail.ca
www.leosawicki.com

PEGUIS FIRST NATION AL-CARE TREATMENT CENTRE

May 27, 2011



Front Row Left to Right: Linda McPherson, Margaret Wilson, Maude Stranger, Kendra Flett, Alice Flett, Nancy Harasemiw

Back Row Left to Right: Leo Sawicki, Karen Manningway, Marlene Favel, Winnie Bair, Fern Sinclair, Arlene Bear, Oliver Bear, David Cochrane, Diane Bear, Clarence Bear

ACHIEVING A PERSONAL & PROFESSIONAL BALANCE

Thursday, May 27 and Friday, May 28, 2011 Peguis First Nation Al-Care Treatment Centre Management and Staff came together at the Lakeview Resort and Conference Centre in Gimli, Manitoba to celebrate the centre's recent accreditation and to spend time on personal and professional development. The two days provided in depth look at each other's journey based on a Contemporary Wheel of Life combined with the Medicine Wheel Concept.

From the onset, expectations for the next two days were identified and included: learning, listening, laughter, gain, empower, love, comfortable, relaxed, enjoy, balance, share, fun, peace, contentment, knowledge and harmony.

Participants had an opportunity to reflect on specific areas of their life and shared personal goals then identified simple steps to help maintain a path of Professional development.

Areas on the Contemporary Wheel of Life included: Spiritual, Emotional, Intellectual, Physical, Relations and Financial goals.

The Medicine Wheel Concept provided an interesting model to understand how

thought evolves from Matter and connects to Energy to form a Dimension. It was easy to understand that the steps of Time, Motion and Spirit are required for a person's thoughts to come to Life.

A greater understanding of Personal Development evolved by exploring different paths a person may follow.

For example, the step of Respect, or Love, leads to Growth and requires Truth. In order to maintain this understanding an on-going process of Cleansing, Purity and Renewal is required.

To the west of one's wheel, the Path of Experience leads to Introspection and as a result Strength is gained. To the east, the Path of Enlightenment begins with Communication which leads to Wisdom and Illumination, and a new understanding occurs.

By sharing thoughts and insights, everyone got to know each other better and created a Personal Plan of Action. Commitments were made to follow up and encourage each other to achieve their goals.

Participants described the two days with words such as: excellent, achievement, acknowledgement, amazing, stability, bonding, educational, refreshed, awesome, empowered, enjoyable, determined, revitalized, aware, balance, relationships, joy, good, mellow, interesting, thankful, knowledgeable, love, inspired, enlightened, happy, calmer, refreshed, energized, content and motivated.