



Little Drum Consulting

"Belief in the Strength and Resiliency of Indigenous People
Worldwide"

Profile: Monique Gray Smith

Monique Gray Smith is a mixed heritage woman of Cree, Lakota, and Scottish descent and is the proud Mom of eleven year old twins. She is an award winning author, international speaker and sought after consultant. Monique has been running her business, Little Drum Consulting since 1996. Her career has focused on fostering paradigm shifts that emphasize the strength and resiliency of the First Peoples in Canada. Monique's strong understanding of education has led her to work as the Executive Director for Aboriginal Head Start Association of BC, the National Aboriginal Advisor for Roots of Empathy, as well as an instructor for the Justice Institute of BC. Her leadership in the field of Aboriginal Education led her to create a resource called *The Ripple Effect of Resiliency: Strategies for Fostering Resiliency with Indigenous Children*. Monique's first published novel, *Tilly: A Story of Hope and Resilience* won the 2014 Burt Award for First Nation, Métis and Inuit Literature. *Tilly* is a quickly garnering respect and accolades as an important contribution to Canadian literature and is being used in schools and universities across Canada. Monique is being touted as one of the up and coming Canadian authors to read. She is well known for her storytelling, spirit of generosity and focus on resilience. Monique has been sober and involved in her healing journey for over 24 years.



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Fostering Resiliency

This engaging and inspiring workshop will provide a unique lens into the importance of focusing on resiliency in our work with Indigenous peoples. We will begin with an overview on how stress & trauma impacts wellness and the importance of understanding this when working with Indigenous peoples. We will look at our history as Indigenous people in Canada and how this history continues to influence the wellness of our families, communities and nations. We will explore the 4 Blankets of Resiliency: Strong sense of self; family; community; culture, language and connection to the land.