



ROLE MODEL BIO:

Wabishkigabo (Will Landon) is an Anishinaabe from Wauzhushk Onigum Nation of Treaty #3 located on the Northern Shores of Lake of The Woods. A father first and a leader second, Will has dedicated the past 15 of his life to Indigenous advocacy and relationship development between Indigenous and Canadian people while balancing education and time with his daughter. Will has overcome many hardships in his life, including addiction and depression, he owes his wellness today to his spirituality, family, friends, and his appreciation of all of life's experiences that Creator has given him.

LEARNING GOALS:

- I will make connections between a role model's life experiences and my own

SUCCESS CRITERIA:

- I can identify 3 specific actions that helped Will achieve his goals
- I can connect examples of these themes to my actions in my own life

IDENTIFY *Some of the themes below are discussed in the Fireside Chat with Will Landon.*

fallibility
positive influences

resiliency
voice

relationships with elders
hope for the future

How have these themes have been present in Will's life?

- Listen to the interview
- Record notes of relevant themes and examples

CONNECT *Reflect on your own journey. Where do these themes appear in your own life?*

Discuss with a friend or family member. Record your connections in writing, drawing or with music.

“The sum of all my parts is a good person”.

-Will Landon

EXTEND *Will believes that bumps, bruises, joy and happiness ebb and flow throughout all of us as reminders that we are alive and living. Will wants us all to embrace the ability to be human and to feel.*

What strategies can you start to use in your life that allow you to live in the moment?