



# GOING **M.I.L.E.S**

## CONFERENCE



**Motivate. Inspire. Lead. Empower. Succeed.**





## ABOUT US

Going M.I.L.E.S can assist you in meeting your mandate to create a healthy environment for youth, develop skills in making positive life choices and assuring a solid future for our communities.

With experienced professional facilitators, Going M.I.L.E.S is a program developed to ensure our communities have an opportunity to reach their full potential through our stories and artistic talents.



## WHAT WE DO

The Going M.I.L.E.S team will come to your community, no matter how isolated or remote, to Motivate, Inspire, Lead, Empower, and support youth in reaching their full potential.

Going M.I.L.E.S brings laughter, learning, and cultural connection to complement frontline workers and strongly supports prevention services. Our program is designed with a clear focus on prevention and empowerment, helping to strengthen the safety and well-being of Indigenous children, youth, young adults, families, and communities in a culturally grounded way.

We work alongside communities to encourage positive attitudes, build self-esteem, and promote healthy personal growth. By supporting prevention efforts, we help address community, family, and individual risk factors while fostering resilience, confidence, and a sense of hope. Our goal is to uplift youth and families long before challenges escalate, reinforcing the strengths that help Indigenous communities thrive.

Our engaging conference includes interactive workshops, keynote speeches, barrier-breaking exercises, musical hip-hop performances, a video dance party, a mentalist act, and an all-ages-friendly comedy hypnosis show for the whole community!



## OUR CORE MEMBERS

### DAKOTA HOUSE



**FOUNDER | AWARD-WINNING ACTOR  
AUTHOR | FACILITATOR**

Dakota House, a proud father and member of Tall Cree First Nation in northern Alberta, is best known for portraying TeeVee Tenia on CBC's acclaimed series North of 60. With a film and television career spanning decades, his credits include Heartland, The X-Files, and Dreamkeeper.

Celebrating over 20 years of sobriety, Dakota is a respected role model and youth advocate who speaks on motivation, self-esteem, and positive life choices. A black belt in Hapkido, he channels discipline and focus into his message of empowerment. Through his Going M.I.L.E.S. presentations across North America, Dakota inspires hope and was awarded the Queen's Platinum Jubilee Medal in 2022.

### SCOTT WARD



**COMEDY HYPNOTIST | MENTALIST  
CERTIFIED TEACHER | AUTHOR**

Scott Ward, a member of the Sandy Bay Ojibway First Nation in Manitoba, has been captivating audiences with his hilarious live hypnosis shows for over two decades. From the Las Vegas Strip to the Seminole Hard Rock and River Cree Casino in Edmonton, he has entertained thousands across North America.

A University of Alberta graduate with a Bachelor of Education in Drama and Intercultural Education, Scott is also a certified teacher, hypnotherapist, and co-author of Energize Your Entrepreneurial Spirit. Dedicated to empowering communities, he has received the Alberta Aboriginal Youth Role Model Award, Alberta Business Award of Distinction, and Native American 40 Under 40 Award.

### POOKY G



**HIP HOP MC | ACTOR | FACILITATOR**

POOKY G, also known as Roni Gauthier, is a registered member of Tallcree First Nation in Alberta and a multifaceted Indigenous hip hop artist, model, actor, and radio host. Raised in Edmonton's inner city, she turned to music as a powerful outlet, transforming her experiences into strength as "The Queen of the North."

A trained Aboriginal Family and Youth Support Worker, Pooky uses her platform to inspire and uplift youth through music and empowerment workshops. Her EP So Far, So Hood showcases her resilience and talent, with tracks available on major streaming platforms. She has opened for renowned artists including Travis Scott and D12.

# WORKSHOPS

## LEADERSHIP & EMPOWERMENT WORKSHOPS

**Making Connections & Ice Breakers:** Trust Exercise / Positive Affirmations / Balloon Exercise / Confidence Building Games.

**Self Expression & Leadership:** Utilizing interactive demonstrations and exercises (Power of Voice and Unity circle), participants will be some time to talk about themselves and tap into their own voices. Encourage the community to see and experience what it is like to be leaders among their co-workers and peers.

**Team Building & Youth Empowerment:** Learning can be fun and there is no better way to build unity than through group interactive exercises infused with drama games!

**N.E.R.E (Negative Energy Release Exercise):** This workshop focusses on positive energy intake using both breath and voice, by understanding and using tools associated with breathing technique, we are able to utilize and control our dealings with anxiety and emotions.

## WELLNESS & HEALING WORKSHOPS

**Mental Health & Wellness:** A relaxed, welcoming session that creates a safe space for participants to explore what mental wellness looks like in everyday life. Using the Medicine Wheel, we talk about stress, balance, and healthy ways to take care of ourselves in all four areas—mental, emotional, physical, and spiritual. Through engaging activities and open conversation, the workshop builds confidence, connection, and simple tools for feeling more grounded and supported day-to-day.

**Life is Sacred – Suicide Prevention:** The team discusses teachings that have been passed on to them from their Elders. Round table discussion with the youth to examine factors relating to suicide and learn coping tools needed to deal with stressful situations.

**Healing with Hypnosis:** Participants develop and experience self-hypnosis and learn to use those techniques at home, school or work.

## BUILDING SAFE COMMUNITIES WORKSHOPS

**Cyber-Bullying & Gossip:** Utilize interactive exercises to illustrate how gossip and bullying starts. Focus on verbal and non-verbal communication styles to illustrate how it affects us directly and indirectly using Power of Voice Exercise.

**Drugs & Alcohol:** Focus on issues relating and leading to alcohol and substance abuse among the youth.

**Gang Workshop:** Discuss various facets of gang-related activities and factors contributing to this. Utilize desensitization exercise to assist participants in thinking and assessing situations around them before jumping in with both feet.



# WORKSHOPS

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## FAMILY HEALTH & PERSONAL RESILIENCE WORKSHOPS

**Healthy Relationships:** Participants will learn to identify red flags in personal relationships and learn to devise a safety plan when someone isn't treating you right.

**Parenting:** Examining learned behaviours and impact of intergenerational teachings. Focus on positive ways to make headways with our children. Practice home exercises in regards to interactions between parents and youth.

**“Overcoming Obstacles and Barriers – My Life in the Film Industry”** - The Dakota House Story

**“My Name, My Story”** - The Pooky G Story

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## SKILLS DEVELOPMENT WORKSHOPS

**Business & Career Development Panel:** By utilizing our natural talent and abilities, we can create the work we enjoy. Participants will develop an action plan using aspects from the medicine wheel.

**Financial Literacy & Stock Market:** Introduction to thinking about their financial future and learning about credit building and basics of the stock market.

**Music Production Workshop:** A three-day, hands-on workshop where participants learn the full process of creating a song, from developing lyrics and concepts to producing a music video, ending with a showcase where they can share their completed work with the group or community.

**Television & Film:** Participants learn fundamental HD video camera skills and create an original video. Video will be produced and edited by Going Miles and the finished product will be uploaded to YouTube for public viewing.

**Magic Workshop:** The facilitators will be sharing a few magic tricks that participants can walk away with to build confidence and to express themselves through the magical arts.

**Introduction to Modeling:** Learn the fundamentals of modeling including runway walking, posing, pitfalls of the industry, proper model etiquette, and more!

## TESTIMONIALS

"The reception was astounding as the youth of our community embraced the Going Miles team. The workshops presented at the high school had a significant impact on the youth and the interaction cemented their profile with the youth in attendance."

**Byrne Richards, Director of Healthy Living, Hamlet of Kugluktuk, NU**



"We are so happy that we were able to bring you here through our Cultural Connections for Aboriginal Youth program. Over the years, the Tree of Peace Friendship Centre through their youth programming, endeavors to bring in motivational speakers or presenters to speak to Yellowknife youth about building and preserving self-esteem and success in their lives."

**Kathy E. Arden, Employment & Cultural Officer, Tree of Peace Friendship Centre, NT**

"We have had a number of facilitators with minimal success. Your interaction with the groups and the engaging activities not only showed students how to improve their self-esteem and empowerment, but how to engage in personal motivation and being proud of who you are."

**O'Chiese First Nation School, AB**

"After your second visit to Ross River School this year, I feel compelled to express my gratitude for your educational and entertainment programming, geared towards youth empowerment and leadership. I appreciated your dynamic and interactive program delivery through numerous presentations, workshops, and role modelling plays."

**Thomas Jirousek, Principal, Ross River School, YT**



"You are an amazing team and are doing amazing work. I was glad I sat in at the school to see you guys in action with the kids!"

**Health Director, Old Crow, YT**



"Thank you for a truly awesome workshop for the youth of Songhees. My only regret is that I did not attend the first workshop in March. I observed the youth during the workshop and was impressed with their behavior and attitude. It takes a lot to keep the youth focused for one day, let alone three days. I must say that each of you have a gift not many have. You were able to interact with the youth and involve everyone at the workshop, including myself, usually shy at gatherings.."

**Event Organizer, Songhees First Nation, BC**



"When reflecting back on the youth's evaluations, it became apparent that you made a great impression on the youth who were in attendance and they thoroughly received your messages with great thought! Again, I commend you on a job well done and wish continued success in your journey of healing and helping others."

**Youth Trades Conference, Neskantaga, ON**

