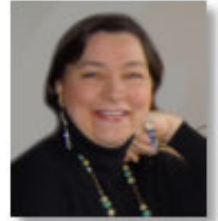


# Marian Laval

M.A. Leadership and Training, Certified Life Skills Group Facilitator  
First Nations Cultural Consultant, Information Technology (IT) Specialist  
Portfolio: [www.amr.ca/marian](http://www.amr.ca/marian)



## ~ Biography

Marian brings many attributes to the team with a Social Services background, First Nations ancestry and spiritual training, advanced Information Technology skills and a Masters in Leadership and Training. She is an experienced Program Coordinator and Manager, Life Skills Coach, Employment Group Facilitator and Career Counselor for a variety of government positions and contracts, Technical institutes, Colleges, First Nations organizations and Non-Profit Society agencies from 1979 – 2002. Her key strengths are in providing positive and constructive leadership to any project delivery in a timely manner with a strong sense of excellence and service to people. Her First Nations roots shape her wholistic approach. Marian is generous with her time and creates a safe environment wherein organizational and professional change is nurtured and experienced.

## ~ Professional Experience

September 1998 - March 2000

**Career Counselor and Group Facilitator**

Courtenay, BC

**Opportunities Career Services**

Provided career and personal planning to clients with multiple barriers to employment. These services were provided in both group and individual counseling settings.

May 1998 - August 1998

**Acting Tutor Coordinator**

Courtenay, BC

**Community Adult Literacy and Learning Society**

Coordination of the volunteer tutorial program, including conducting interviews with prospective tutors and learners while maintaining program activities and integrity.

September 1996 - November 1997

**Executive Director & Program Coordinator**

Courtenay, BC

**Upper Island Women of Native Ancestry**

Managed all aspects of the organization and administration of the community-based programs such as the Aboriginal Head Start Program, Community Action Project for Children, housing, education and community initiatives for primarily (but not limited to) First Nations peoples. Managed a staff of seven people in diverse program settings and long-term contract budgets of almost \$2 million.

February 1996 - April 1996

**Life Skills Coach and Group Facilitator**

Courtenay, BC

**Community Adult Learning Centre**

Delivered a sixteen-week pre-employment re-entry program to EI recipients.

November 1996

**Life Skills Coach and Group Facilitator**

Yorkton, BC

**Yorkton Tribal Council**

Delivered an intensive pre-employment program for First Nations participants preparing for jobs in a locally managed casino.

# Marian Laval

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July 1993

**Life Skills Coach Trainer**

Regina, SK

**University of Regina**

Co-facilitated a three-week Life Skills Coach training module and provided evaluative feedback, course design, and facilitation on subjects such as conflict-resolution and crisis intervention.

August 1989 - June 1990

**Life Skills Coach and Group Facilitator**

Regina, SK

**Sask Institute of Applied Science & Technology**

Delivered and designed twelve-week life skills programs to include pre-employment skills, resume writing, career planning, job search and interview, personal development, and conflict resolution.

May 1984 - July 1989

**Vocation Counselor/Job Search Facilitator**

Regina, SK

**Department of Social Services**

Provided assessment and placement of Social assistance recipients in vocational and support services. Delivered three-week intensive job readiness programs.

May 1983 – December 1983

**Aboriginal Daycare Training Program**

Regina, SK

**HRDC**

Provided assessment, placement and training of First Nations adults interested in pursuing a career in daycare services.

September 1980 – July 1983

**Native Teacher Associate for Community Schools**

Regina, SK

**Regina Catholic School District**

Provided teacher aide and First Nations community and cultural awareness activities.

## ~ Formal Training

May 2006

**Buteyko Breathing Practitioner/Coach**

Waterloo, ON

Studied the Buteyko Breathing method and facilitate the education on this natural and drug-free approach to correct breathing and relieving asthma, emphysema, eczema, snoring, sleep apnoea and other conditions.

June 2003 - March 2005

**Master of Arts in Leadership and Training**

Victoria, BC

**Royal Roads University**

Masters program in leadership and organizational change and development. Thesis: Indigenous Leadership, Challenges, and Leadership Training

September 2001 - May 2002

**Application and Management of Information Technologies Program (AMIT)**

Victoria, BC

University of Victoria

Training in Microsoft (MS) 2000, Computer Fundamentals, MS PowerPoint, MS Access, Systems Analysis and Design, Oracle Database Fundamentals, Visual Basic, and Web Design (MacroMedia Suite, Usability, Development, ASP Server).

June 1990

**Certified Life Skills Coach**

Emma Lake, SK

**SIAS Prince Albert Kenderdine Campus**

Certified group counseling and facilitation, a six-week intensive program in a "live-on-campus" environment. This program focused on team building, cooperation and conflict-management.

1973-1999

**Counselor/Coordinator**

**Saskatchewan, Manitoba, and British Columbia**

I have acquired my career counseling knowledge and experience while employed and through professional development opportunities. Completed a complex HRDC problem-solving and career direction technique (Jan 2000). Counseling skills include: substance abuse issues, conflict resolution, leadership training, and self-empowerment.