

Marian Laval

**M.A. in Leadership and Training – Royal Roads University
Application and Management of Information Technologies (AMIT) – University of Victoria
Microsoft Certified Pro (MCP), Database Development, Web Design
Certified Life Skills Coach – Saskatchewan Institute of Science and Technology**



Biography

Marian Laval has a rich background of experience and brings many attributes to a team. Marian has achieved a Masters of Arts in Leadership and Training (RRU), possesses advanced Information Technology (IT) skills (UVic and Camosun College), and has an extensive Social Services and career counselling background. She has held several positions as a Program Coordinator/Manager for many new initiatives and in a variety of settings: Government, contractual, non-profit societies, educational centres with adult learners and children, e.g. Elementary schools, Technical institutes and Colleges (1979–2002).

Marian is a skilled organizer, leader, trainer, and team-focused player. As a program developer, Marian has an exceptional talent anticipating, designing and delivering relevant programs that meet the intended service outcomes. As a coordinator, her key strengths are in providing positive and constructive leadership, delivered in a timely manner with a strong sense of excellence and service. Marian achieves the intended goals with a balanced, wholistic, and sustainable approach. Marian's future goals include obtaining a PhD in researching Indigenous Leadership Practices.

Marian treasures her Aboriginal (Cree/Métis) ancestry and spiritual training in the Lakota and Cree *ways of life*. Marian has been widely exposed to the teachings of many Indigenous peoples. She successfully bridges both contemporary and traditional modalities in her workplace and home-life. She masterfully blends modern technological advancements with the simplicity of traditional land-based approaches.

Education and Training

Certified *Buteyko Breathing Method* Practitioner (2006- Current)

- Marian has a passion for healthy lifestyles and wholistic approaches. She is currently undergoing certification requirements to instruct the Buteyko breathing methods (originated in Russia) for chronic respiratory concerns like asthma, bronchitis, emphysema, sleep apnoea and improve general health.

Masters of Arts in Leadership and Training (MALT) – Royal Roads University (2003-2005)

- Thesis: *Indigenous Leadership, Challenges, and Leadership Training*

MALT involved intensive residencies focused on team-work and experiential learning, as well as online or distance-learning study. Marian's research project explored what leadership means to Indigenous leaders, their perceived leadership challenges, and the distinctions between mainstream and Indigenous approaches to leadership training. In particular, it addressed the potential for offering Indigenous leadership courses at Royal Roads University. The research has wide appeal for those interested in developing culturally-relevant program initiatives.

Application and Management of Information Technology (AMIT) – University of Victoria (2001-2002)

- Project management - Building cooperative teams, goal-setting, managing timelines, preparing documentation, evaluation and assessments, budgeting, and managing all levels of communications.
- Excellent knowledge and use of a wide variety of software applications: Microsoft products: Word, Project, Excel, Access, PowerPoint; Web Design: Dreamweaver Suite: Project Management, and Database development: Oracle, SQL, Visual Basic, MS Access (also 6 levels at Camosun College).
- Microsoft Certification: MCP; Networking, trouble-shooting, and computer system maintenance.

Certified Life Skills Coach – SIAST, Kenderdine Campus (1990)

- Certified group counseling and facilitation focused on team building, cooperation, and conflict-management.

Employment and Project Profiles

AMR (IT and Consulting) Services, Principal (Self-Employed) (2001-Current)

Co-founder of a home-based business providing web design and consultant services to an array of clientele seeking organizational, personal and professional development training. For details see: www.amr.ca

Aboriginal Cultural Community Work (1990- Current)

- Active in Indigenous cultural awareness and study. Travels extensively to continue the life-long learning opportunities to share and preserve the wholistic use of natural medicines and practices by aboriginal practitioners (1990 – Current)
- Promotes and hosts multi-cultural exchanges with Indigenous Elders in Canada and USA and other international delegations from: China, Japan, Tibet, Thailand, USA, Australia/Tasmania, and New Zealand (1990-Current). For example, addressed a group of dignitaries and Senators from Thailand regarding Aboriginal cultural approaches to community justice and conflict-resolution (2004).
- Established ceremonial grounds in: Terrace, BC (2006-Current), Victoria (2001-2006), Vancouver Island (1994-2001), Grand Forks (2002-2006), Cranbrook (1996), and Regina (1992-1994).
- Participates in Aboriginal cultural exchanges and “camps”, whereby participants are engaged in tribal sharing, communal living, and survival skills for their personal and spiritual growth (1989-Current).
- Established a non-profit organization for the protection and preservation of sacred ceremonies on Vancouver Island (1999-2000).
- Executive Director of Upper Island Women of Native Ancestry, an organization designed to provide programs and services that enhance a better quality of life for Aboriginal children and their families and to raise cultural awareness in the Comox Valley (1996-1997).
- Established an unprecedented cultural program for the staff and students at the Saskatchewan Institute of Applied Sciences and Technology (SIAST) in Regina (1990-1993).

Counseling, Training, and Social Work (1979-Current)

- Marian's counseling career began in her youth as a one whom people would confide and seek counsel. Her career formally began in The Pas, Manitoba as the Counselor in Residence for the Keewatin Community College's women's residence (1978-1979).
- Currently working at the Kermode Friendship Society – Terrace, BC - Family Skills Worker (FSW) – As a FSW, Marian supports the client referrals from the Ministry of Children and Family Development (MCFD) by providing parenting support and life skills development. It involves intensive team-work, creative planning and development, and report-writing (October 2006 – Current).
- Facilitates workshops for individuals and groups focused on effective communication, conflict resolution, team-building, and personal development for aboriginal and non-aboriginal people, e.g. Nisga'a Health Authority (2005) & (2006), New Aiyansh; Nanaimo Aboriginal Youth (2005), Nanaimo.
- Employment Readiness and Life Skills Groups – Coached individuals on Income Assistance in Saskatchewan (1983 - 1993) and British Columbia (1998 - 2000) to reach their personal and educational potential and make steps toward self-reliance and positive change. Organizations included: Human Resource Development Corporation (HRDC) projects (1983, 1984, 1997, 2000); Opportunities Career Services, Courtenay (1998-2000); Adult Learning Centre, Courtenay (1997); Yorkton Tribal Council (1995), Yorkton; Native Daycare Training, Regina (1983); Department of Social Services –

Assessment and Placement Program and Post-secondary liaison counselor (1984-1990); and Saskatchewan Institute of Applied Science and Technologies (SIAST) Non-Status and Indian Métis Program (NSIM) Coordinator, Regina (1990-1993).

- SIAST Adult Education Life Skills and Native Life Skills Groups – Facilitated the delivery and development of the personal development program for aboriginal and non-aboriginal adult learners (1990-1991).
- Work and train directly with aboriginal Elders, e.g., Ray Lavallee, Cree, Piapot First Nations, SK (1990-Current); Patrick Aynewash (late) (1992-2005), Anishnabe; Campbell Papequash, Anishnabe, Key First Nations, SK (1988-Current); and Lawrence Lavallee (late), Cree, Piapot First Nations, SK (1990-2000); Leonard Crowdog, Lakota, (1994-1998).
- Teacher Associate for the Community School Initiative, Regina Catholic School District, Regina (1980-1983). As one of the first TA's within the community school concept, the position focused on better integration and retention of aboriginal students and their families in the school system. Marian worked with children from Kindergarten to Grade 7 at two schools, Sacred Heart and St. Paul.

Organizational Services

- Women of Vision and Excellence Network (WOVEN), Founder – Terrace, BC, (2006-Current). A network dedicated to the support and personal development of women who seek to live-out their personal vision with excellence.
- Royal Roads University Aboriginal Employment Partnership Initiative (AEPI) Student Rep (2004-2005)
- United Way Board Member, Courtenay, BC (1995) and Regina, SK (1989-1990)
- Health Canada Initiative - Aboriginal HeadStart Program – Program Coordinator, Courtenay, BC. Under Marian's direction, it was recognized as in Ottawa as "the best and true to the original mandate of all the Head Start programs in Canada" (1996-1997).
- Saskatchewan Life Skills Association (1990-1992) – Board of Directors for two consecutive years in the roles of Secretary and Treasurer
- Contemporary Women Society (CWS), Regina (1985-1989) - Board of Directors for three consecutive years in the roles of Secretary, Treasurer and President. CWS was designed to assist single-parent women with the rigors of raising their children while providing opportunities for social change and personal development.