

Kairos Virtual Blanket Exercise



PRESENTED BY

Eileen Gullion, Jean-Pierre Wilsonne &
Michaela Allen-Gullion



SERIES SESSIONS

| Date | Time |
|--------------------|--------------------|
| September 29, 2025 | 9:30 AM - 11:30 AM |



LOCATION

Virtual - Online

FEE

\$25.00

QUESTIONS?

Contact Us:

northwest@aplc.ca
[780-882-7988](tel:780-882-7988)

REGISTER ONLINE

Visit our website to register:

northwest.aplc.ca

Learning Opportunity

The Consortia invites you to join us in this virtual engagement of the Blanket Exercise.

This exercise intends to help participants understand how colonization of the land we now know as Canada has impacted the people who lived here long before settlers arrived. Through this exercise, designed by KAIROS Canada, participants will explore the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada, how this relationship has been damaged over the years, and how they can work toward reconciliation.

"The activity begins with digital blankets arranged on the screen to represent Canada before the arrival of Europeans. Participants representing Indigenous peoples move around on the blankets, as if they are using and occupying the land. A narrator reads from a script while someone playing the role of a European joins and interacts with those on the blankets. As the script traces the history of the relationship between Europeans and Indigenous peoples in Canada, participants respond to various cues and read prepared scrolls. At the end of the exercise only a few people remain on the blankets, which have been folded into small bundles and cover only a fraction of their original area. Created in 1997, the Blanket Exercise is a succinct overview of Indigenous rights in Canada that explores the major themes and findings of the Royal Commission on Aboriginal Peoples (RCAP). " © 2016 KAIROS Canada

Presenters

Eileen Gullion

Hello, my name is Eileen Gullion. I am a woodland Cree and my First Nation is Swan River in Northern Alberta, Treaty 8 and Flying Dust First Nation in Saskatchewan. I am a 60's scoop victim/survivor. Being a survivor has given me the ability to walk in both 'Indigenous and non-indigenous worlds.'

It has given me the ability to understand different perspectives of various stakeholders by providing a delicate balance of building relationships, and communication to achieve corporate and community goals. My approach to life and work is done through integrity and in a respectful and collaborative manner.

Throughout my career I have facilitated over 250 various workshops in strategic planning, Virtual and in-person Kairos Blanket Exercise, organizational development, conflict resolution management, and 'Insights' a psychometric tool to name a few.

I am a proud Mom of 4 wonderful young adults. One of which will be assisting us today as our chat moderator Michaela Allen-Gullion.

I love playing various sports but lately golf is my passion. I have been a basketball official for the past 8 years. I officiate at all levels from U13 to High School to Senior Men's. I love organizing and officiating basketball for various First Nations in the local reserves around Calgary. I have had the opportunity to officiate at the Alberta Indigenous Games held in August.

Jean-Pierre Wilsonne

Hello, my name is Jean Pierre Wilsonne, I was born in Haiti, on the south side of the island. I immigrated to Canada with my family when I was 13 years old under a refugee status after we experienced the hardship of gang members who almost took my father's life. As a black man, who originated from an island that was once known as a slave colony, I was taught the destructive impacts of colonialism during it's peak time and the remnants we are still experiencing 400 years later.

Such indignation has led me to a path of majoring in Equity Studies at the University of Toronto. During my formation at such a prestigious school, I was lucky enough to take multiple courses focusing on Indigenous Peoples, their approach to life and healing. Although I still have much to learn, it has been a pleasure to work alongside my colleague Eileen to educate more people on the destructive impact of colonialism, as well as the resiliency of Indigenous Peoples.

Michaela Allen-Gullion

Hello, my name is Michaela Allen-Gullion. I too am from Swan River and Flying Dust First Nation. I also am English/Italian from my father's side. As a result of my mothers' experience and personal experience I am an inter-generational trauma survivor who also suffers from PTSD. This has not slowed me down.

With the support of friends and family I have had the opportunity to play college ball at St. Mary's college in Calgary and Olds college. I was very excited to have won Nationals in 2018 with my team. These basketball experiences have given me the opportunity to play abroad. I played in Australia and just returned from Germany this past May which allowed me to play professional basketball.

When I am not on the basketball floor either playing, coaching or officiating I am a server a Local. I have also had the pleasure of speaking professionally in numerous events. These include; welcoming newcomers into Canada, speaking at a Town hall for Australia regarding the colonial history of Canada and co-hosting a fireside chat about the personal experience of being First Nation person in Canada. I enjoy coaching 1:1 mentally, emotionally and physically youth. I enjoyed coaching as an Assistant at the North America Indigenous games held in Halifax last July 2024.

