

Diné Culture Nights at Lobo Rainforest Hosted by UNM Navajo Language Program

Diné Culture Nights at Lobo Rainforest is a series of monthly knowledge sharing by Diné immersion instructors and a Diné cultural practitioner. During these events we hope to get to know each other, learn about our culture, use our language, and improve our wellbeing. Light snacks and refreshments will be provided.

Diné Culture Night ● October 23 ● 5PM—7PM

Knowledge Sharing 1: Dr. Secatero's model: Leadership Tree of Well-Being



- ⌘ Create a well-being model
- ⌘ Self-analysis
- ⌘ Create person model
- ⌘ Share model

Brief description: *This session will present a wellness model created by Dr. Shawn Secatero of the UNM College of Education. At this session, students will learn how to apply leadership practices using knowledge to connect to a more holistic understanding of student growth and well-being in Diné communities. Students will focus on their well-being and create a model based on self-reflection.*

Knowledge Sharing 2: Four Directions: Hakék'eh hashchíín (one's walking path)



- ⌘ Birth to old age and directions
- ⌘ Four parts of the day, seasons of the year
- ⌘ Four sacred minerals and mountains
- ⌘ Cultural learning activities included

Brief description: *As soon as we take our first breath in this world, our walking path begins. Life from birth to old age mirrors a division of four: the four directions, four parts of the day, and the four seasons of the year. This session will demonstrate how our life cycle reflects the Navajo philosophy of four.*

This is the third of seven Diné Culture Nights for Fall 2019.