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# Aboriginal cultural Awareness Training

## **PROGRAM OVERVIEW:**

The Aboriginal Cultural Awareness Workshop teaches participants an introductory level of Aboriginal and Torres Strait Islander Culture including the history (pre and post colonisation), common cultural protocols, common myths and a path forward towards reconciliation including understanding the affects of past practices, racism and trauma.

## **WHAT YOU'LL LEARN:**

This course can be tailored to meet the needs of the organisation but the common topics covered can include:

- What is the difference between an Acknowledgment of Country and a Welcome to Country.
- Appropriate Terminology when working with Aboriginal and/or Torres Strait Islander People.
- Overview of the History of Aboriginal and/or Torres Strait Islander People prior to and post colonisation.
- Debunk common myths associated with Aboriginal People.
- Understanding the diversity of Aboriginal protocols and how to engage directly with Aboriginal Communities.
- Understanding the impacts of Cultural Load and Racism in today's society.
- How to ensure your workplace is culturally safe.
- Other optional topics such as Closing the Gap, Reconciliation, Privilege, Allyship in Action and Truth Telling.

The course is designed to be a generic cultural awareness course to help with engaging with Aboriginal communities and has not been tailored to a specific location or area of Australia.



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## KEY LEARNING OUTCOMES:

Upon completion of this course participants will be able to:

- Recognise the diversity of Aboriginal and/or Torres Strait Islander People, cultures, practices and history.
- Understand the impact of past practices on Aboriginal and/or Torres Strait Islander People including child removal and the trauma that affects Aboriginal Communities today.
- By completing the training, you will be better equipped when working with Aboriginal families by applying culturally safe skills from the training including appropriate engagement skills and terminology.

## WHO SHOULD ATTEND:

This course is suitable for all people that work with Aboriginal and/or Torres Strait Islander colleagues or Aboriginal families

## PROGRAM DURATION & FORMAT:

- Face to Face- choice of Half Day or Full Day
- Online- Flexible- Contact us for options



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# *about your* **Facilitator**



## **Baydon Widdicombe**

### **Aboriginal Mental Health First Aid and Cultural Awareness Trainer**

Baydon specialises in delivering Aboriginal Mental Health First Aid and Aboriginal Cultural Awareness Training. His approach to training is to upskill and equip participants through engaging activities but including the opportunity to ask questions and reflect on specific workplace scenarios. He has delivered Training to Non-for-Profits as well as Corporate Businesses both face-to-face and online delivery methods.

Baydon has worked in the Mental Health First Aid space for the last few years and regularly travels to regional and remote Aboriginal Communities all over Australia. He has a passion to educate others and to minimise the impact of Mental Health and Suicide for all communities. Baydon likes to include relevant data and statistics to help his audience understand the difference between Indigenous and Non-Indigenous Australians in regards to life expectancy and closing the gap outcomes.

Baydons Aboriginal Heritage comes from the Dharug People of the Hawkesbury River in New South Wales. He draws strength from Cultural knowledge holders and understanding the role of holistic Social and Emotional Wellbeing within the community. Baydon holds a Bachelor of Business Management and a Certificate IV in Training and Assessment.