

Cultural Safety for Health Coaches and Navigators Course Outline

Course Objectives: By the end of the course, you will be able to

- Build a framework to navigate cross-cultural approaches and beliefs on illness and ways of healing as a health coach or navigator
- Address recommendations from the Truth and Reconciliation Commission of Canada mandate to develop appropriate policy and practice
- Responsibly advocate for culturally safe care on behalf of multicultural and marginalized clients and communities
- Clarify basic concepts and theoretical perspectives pertaining to race and racism
- Explore historical and contemporary societal contributions to racism and its impacts on the social inclusion and exclusion of various groups of people
- Establish an openness to diversify perspectives on the experiences of others for the purpose of expanding culturally safe access to care
- Understand the impact of socially constructed biases on socially marginalized groups with a specific focus on the Indigenous First Nations peoples of Turtle Island.

Course Page: <https://hlln.info.yorku.ca/culturalsafety-0620/>

Delivery Method: Online – Hybrid of self-directed learning and instructor-led live session

- NOTE: The self-directed learning will take ~2 hours to complete.
- DEADLINE: You must submit the individual exercises **before 12 noon on June 19.**
- LIVE SESSION: **June 22 from 10:30 AM – 3:30 PM.**

Course Schedule

Time	Topic
Self-directed	Lesson 1: Trauma Informed Care/ Cultural Humility
10:30 – 11:00 AM (30 minutes)	Introductions and Debrief of Lesson 1
11:00 -12:00 Noon (1 hour)	Case Study Group Discussion
12:00 – 1:00 PM (1 hour)	Lunch Break
1:00 – 2:15 PM (1 hour 15 minutes)	Lesson 2: Seeds of Learning
2:15 – 2:30 PM (15 minutes)	Break
2:30 -3:00 PM (30 minutes)	Truth and Reconciliation Breakout Groups
3:00 – 3:30 PM (30 minutes)	Group Discussion and Summary