

Reflect on how you felt about introducing yourself in an Indigenous way. How did it make you feel?

Vulnerable. Curious.

So personable

I liked it--it's a way to feel close to people quickly.

Identity crisis

Closer and more engaged with the person I was talking to and listening to.

More open

Awkward. Turns out I don't know much about my roots!

I felt like I connected more authentically to the other person

Proud, reflective

Show image

Reflect on how you felt about introducing yourself in an Indigenous way. How did it make you feel?

Vulnerable

It comes natural for me to introduce to myself using kinship terms and clans.

Feels real - meaningful. Genuine. Not small talky!

It was a more intimate disclosure and way of connecting to others

It was interesting because of what I chose to share and what I chose to withhold.

I felt more I touch with my own identity and more understood.

The place is easier for me to connect than to whom I feel connection to...

I really enjoyed hearing other people's stories. It fostered a deeper connection than our usual way of doing things.

genuine

Show image

Reflect on how you felt about introducing yourself in an Indigenous way. How did it make you feel?

Good. Interesting stories. We had already started with our other intros.

Meaningful and exciting to meet others!

Whole :)

It's uncomfortable at first. Because we are not encouraged to share these kinds of personal stories in a "professional" setting

It made me feel acknowledged because it provides a more intimate understanding of who I am.

Good. Comfortable

I was hesitant to share; felt somewhat vulnerable.

Interesting to realize how infrequently I (we) disclose this kind of information as a way of getting to know people

Reflect on how you felt about introducing yourself in an Indigenous way. How did it make you feel?

Beautiful, excited, grateful, open, connected, kind, heartfelt, soulful, grounded...

I usually go to this personal space anyway so not much different

Vulnerable, a bit compromised.

Very natural

Really comfortable. I love to share

Great.

Vulnerable, complicated,

Interesting, because it made me question myself.

Show image

Reflect on how you felt about introducing yourself in an Indigenous way. How did it make you feel?

Connected

Great opportunity to reflect on lost relations

It felt somewhat like an exam: I was a bit overwhelmed w/ summarizing family history in the "right" way. Complicated by settler identity.

It made me feel proud and prompted curiosity about what I do not know

A little uncomfortable.

Felt a bit shy, but it also felt more "real"

A bit vulnerable—I'm in a process of exploring/reclaiming cultural heritage, and can feel a bit sheepish bc don't know if I'm entitled

I felt very sad that I have little knowledge about my family tree and ancestors. Even where they are from (not so far back)

Show image

Reflect on how you felt about introducing yourself in an Indigenous way. How did it make you feel?

Authentic way of connecting. Our jobs is not the definition of who we are.

I felt honoured to be speaking about me ☑

Uncertain.

Rather normal. Do it most of the time

I found out such fascinating things about my table mates that would have taken ages through usual interactions.

Vulnerable. I felt embarrassed that I am not a mother when every other woman at the table was.

It was a nice way to get to know other people in the group. We all come from different backgrounds which influence who we are.

A little vulnerable at first as I had never heard an introduction framed in this way. Fascinating.

It was surprising how we were so similar in what is important to each of us.

Reflect on how you felt about introducing yourself in an Indigenous way. How did it make you feel?

Connecting

It is normal for me now as I am a settler ally and it's important for me to situate myself in the story of Indigenous Canadian history.

I am used to introducing myself this way, as I am Nehiyawak. However, I enjoy hearing and connecting with others.

Interesting

I realised I know very little about my blood family and far more about my "chosen family"

More familiar and natural to how I feel about myself than the usual answer to 'where are you from?'

It felt good to talk about my connections. To share, and to hear others.

I have been doing this for sometime. It makes me feel connected to my people in relation to the people's who originally and are on the land

You learn about others besides basic info. I do not know the the specifics of my family history and at times that is uncomfortable

Show image

Reflect on how you felt about introducing yourself in an Indigenous way. How did it make you feel?

It is great to get away from the scripted way of speaking often used & allows for one to become vulnerable & allow for real connection

Show image

 64