

THE BRAIDED CIRCLE APPROACH: PHASE TWO



DENE GUILLAS - (HE/THEY)
BRAIDING COLOURS CONSULTING

KENDRA MERASTY RBNB, MPH CANDIDATE,
MANAGER OF CLINICAL EDUCATION



The Braided Circle Approach - Phase Two: Reflection & Release – Exploration

Ceremony: The Circle of Transformation, also called the From Paper to Promise ceremony, is a reflective and transformative activity that takes place during Phase Two. Participants are invited to write down experiences, challenges, lessons, hopes, or intentions anonymously on paper.

After writing, participants rip their papers into small pieces, symbolizing the release of thoughts, emotions, or energy into the universe. The pieces are later soaked and blended into handmade seed pucks, transforming reflection and release into something new.

This activity offers a meaningful way to acknowledge past challenges, honor learning, and collectively envision a future rooted in growth and transformation. When planted, the seed pucks become a living symbol of the group's shared intentions and commitments, reinforcing the values of connection, care, creativity, and collective responsibility within Klinik.

IN-PERSON WORKSHOPS

FOR ALL KLINIC STAFF

FRI APRIL 10, 2026: 12PM-1PM

WED APRIL 15, 2026: 630PM-8PM

THURS APRIL 16, 2026: 12-1PM

MON APRIL 20, 2026: 330PM-5PM

IN THE BELONGING ROOM

Virtual Interview with Dene & Kendra recording:

Meet the facilitators for the Braided Circle Workshops

<https://vimeo.com/1144635452?share=copy&fl=cl&fe=cj>

Bookwhen sign up link:

<https://bookwhen.com/xijmcbu>

Open to **12 participants** per session

To welcome participants, we will be offering smudging of sage before the workshop

Tea, Bannock & Jam will be offered: Ordered from Feast

Want to know more? Contact Kendra Merasty @ kmerasty@klinik.mb.ca

MEET OUR FACILITATOR: DENE GUILLAS

Dene Guillas (he/they) is a proud Red River Métis, Two-Spirit, transgender man, father, storyteller, and lifelong learner. With over 20 years of facilitation experience – including 13 in non-profit leadership and 5 as an educator at Rainbow Resource Centre – Dene brings authenticity, warmth, and deep lived experience to every space. His background spans education, family services, sports, healthcare, work with older adults, and children & youth.

Witnessing gaps for the 2SLGBTQIA+ community, Dene founded Braiding Colours Consulting to use his lived experience and professional expertise to drive meaningful change.

As Founder and Lead Facilitator, they specialize in inclusive leadership and Diversity, Equity, Inclusion, and Belonging (DEIB) consulting that centers aspiration and accountability, collaboration and community, and empowerment and equity. Their approach integrates trauma-informed and research-based strategies, braided with lived experience and community wisdom, to move DEIB from concept to culture – where every voice is valued, and every identity is respected.

They offer customized professional development, policy advising, community engagement, and space walkthroughs, guiding individuals and organizations toward lasting, systemic change. Care, intention, and collaboration are woven into every part of the work.



Braiding Colours Consulting: is grounded in reflection, relationship, and meaningful action. True inclusion isn't a checkbox—it's a lifelong practice of showing up, listening deeply, and co-creating environments where everyone can belong, contribute, and thrive.

Proposed Four Phases:

1. Opening & Grounding – Beginnings:

- Establish trust, set intentions, and create safe spaces for staff to share their experiences.

2. Reflection & Release – Exploration:

- Facilitate dialogue and reflection to surface organizational priorities and opportunities.

3. Unlearning & Relearning – Centering:

- Support skill-building, inclusive practices, and policy alignment to embed cultural change.

4. Integration & Sustainability – Growth:

- Consolidate learnings, reinforce practices, and build internal capacity to ensure continuity.

